

# PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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## HIP SURGICAL DISLOCATION PROTOCOL

**Surgical Date:** \_\_\_\_\_

**Side:**  Right  Left

**Diagnosis:** Hip Surgical Dislocation with or without Cartilage Restoration

Postop	Goals	Precautions	Exercises
<b>Weeks 0-6</b> HEP daily	Pain-free ROM with full knee ROM Edema and pain control Normalize gait with assistive device Promote independence	TTWB (20 lb) x 4 weeks, then progress to 75% weight bearing No rotation, no hip flexion >75° (x4 wks), >90° (4-6 wks) No active abduction No open chain/isolated hip muscle activation, unless isometric Brace except for approved exercises and CPM	CPM (2 hrs/day x 6 weeks) 0-30° Scar massage Abdominal setting supine, prone abdominal setting with gluteal setting with pillow under hips, quad setting and ankle pumps Gait training with assistive device Hip isometrics and co-contractions
<b>Weeks 6-12</b> HEP daily	Full ROM FWB with crutches Improve ADL endurance Ascend/descend 8" step with control	WBAT DC crutches when non-antalgic gait Avoid painful activities No running	Progress hip ROM - bent knee fall out, heel slides, stool rotations IR/ER, prone hip ER/IR Progress hip strengthening in closed chain function and stability movements; open chain for hip extension and abduction Leg press, squats, step up/step downs, contralateral stability with elastic bands, windmills Proprioception and balance exercises: progress from double limb to single limb support Scar massage
<b>Weeks 12-16</b> HEP daily	Full ROM Return to normal ADLs Improve endurance 5/5 lower extremity strength Good dynamic balance	WBAT Avoid painful activities	Continue above exercises Progress core strengthening in functional patters in quadruped, standing diagonals Elliptical and bicycle Hip flexor, glute/piriformis, and ITB stretching Progress balance and proprioception Initiate plyometrics with an adequate strength base Sahrmann abdominal strength progression
<b>Weeks 16+</b> HEP daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities	Strength training and flexibility exercises Advance plyometric training Initiate running program Dynamic balance activities, cutting/agility skills Advance training of core for strength and endurance Continue to address muscle imbalances

**Frequency & Duration:**  1-2  2-3 x/week for \_\_\_\_\_ weeks \_\_\_\_\_ Home Program

**Physician's Signature:** \_\_\_\_\_ **M.D.**