

Advanced Hip Arthroscopy

Dr. Brent Carlson
 Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B
 Altoona, WI 54720 Chippewa Falls, WI 54729

Patient _____
 DOS _____

WEEKS 9-12	WEEKS 13-16	WEEKS 16+	
Continue with previous exercises as needed for strength. Single leg knee bend with tubing in 30°-60° range of knee Balance and Reach Vectors/Clocks/Lateral and Diagonal agility Forward box lunges Double leg squats to 90° Walk-25% speed agility: Low skip Shuffle Grapevine Backpedal	Single leg knee bend, with tubing, focus on endurance, progressing to single leg squats Walk/jog program 25-50% Agility Double leg footwork, supported and then unsupported Lateral and Diagonal agility Forward box lunges for endurance Single leg stance on varied surfaces	Return to running Hopping and jumping program if appropriate -Double leg jump -Single leg hop -Single leg triple hop Ladder work Figure 8 Return to work training or sport specific training for 4-6 weeks prior to unrestricted activity.	In the final stages of the protocol, focus on techniques, endurance and avoiding any hip pinching. Patients can be progressed as tolerated, but symptoms should not arise.
Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060 Reviewed July 2017			