



Name: _____

Date: _____

POST PROCEDURE PROTOCOL FOR HIP PROCEDURES

- **No NSAIDS** such as Advil, Motrin, ibuprofen, Naprosyn, and Aleve x 2 weeks
 - **Pain:** Tylenol for mild pain and if needed use mild narcotic provided
 - **Driving restrictions:** No driving until able to safely move foot from gas to brake if right hip, and/or safely use clutch if left hip.
 - **Work restrictions:** Depends on duration of weightbearing restrictions
 - **Exercise restrictions:** 2 weeks relative rest followed by 4 weeks progressive PT. **No running, jumping, cutting, lunges or deep squats until 8 weeks.**
- Use crutches for _____ days, non-weight-bearing for _____ days
 - Use crutches (partial weightbearing) until able to walk normally without limp
 - Don't flex the hip beyond 90° for 2 weeks (don't bring knee to chest)
 - Hip unloader brace for 4-6 weeks when walking about
 - Use SI belt for 3-4 days continuously and then for 4-6 weeks with ambulation
 - f/u for PT in 5-7 days

Activities: In general, with strength and activities, keep pain level below 4/10.

First 2 Weeks:

- Use crutches until able to walk without a limp and/or significant pain (<4/10)
- Strengthening/Motion:** Isometrics always good. Non weightbearing and passive range of motion is good too. Try to get full range of motion by 2 weeks.
- Walking:** No hiking. May walk on flat ground initially for 10-15 minutes. If this goes well, may walk 5 minutes longer the next day.
- Cycling:** May gently ride stationary bike for 15 minutes after week 1. Exertion level 1-3/10
- Swimming:** May use pull buoy after week 1. No kicking.

Weeks 2-4:

- Strengthening/Motion:** Start gentle low load closed chain concentric/eccentrics.
- Walking:** May begin gentle hiking (no more than 30 minutes), watch hip angles.
- Cycling:** May ride 30 minutes. No getting out of the saddle til after week 3. Exertion 4-6/10
- Swimming:** May begin gentle kicking mixed with pull buoy. No more than ½ -1 mile.

Weeks 4-6:

- Strengthening/Motion:** Progress to moderate load, progressive strengthening.
- Walking:** May progress to longer hikes up to 60 minutes, still no big step-ups.
- Cycling:** May ride 60 minutes. May get out of saddle. Exertion 7-9/10 during intervals
- Swimming:** May swim up to 1-2 miles now. Still encourage breaks with buoy.