Phase I: Protective Phase

Week 1-4

Goals
- Control pain
- Neutralize muscle atrophy
- Promote healing of tissues

Precautions
- Touch down weight bearing (20-30 lbs)
- Minimize active hip abduction
- Avoid hip adduction
- Hip flexion ROM limited to 0-90 deg
- Hip abduction limited to 30 deg
- Hip IR/ER limited to neutral
- May use CPM 2 hours on/off during the day

Suggested Exercises

Isometric hip adduction
Glute sets
Phase II: Early Mobilization Phase

- Week 4-8

Goals

- Increase ROM within tolerance
- Neutralize muscle atrophy
- Control pain

Precautions

- Touch down weight bearing x 6-8 weeks, per physician discretion
- Gentle ROM within tolerance
- Progress hip IR/ER within tolerance once patient is FWB
- Avoid exercises with long lever arms (SLR)
- Begin initiating hip abduction isotonics at week 6

Joint Mobilizations

- Long axis distraction
- Inferior femoral glides

Other exercises to add:
- Ankle pumps
- Transverse abdominis activation
- Seated marching (within ROM limitations)

Perform grade III and IV joint mobilizations as needed to normalize ROM. Long axis distraction may be performed for pain.
Suggested Exercises

- Supine hip abduction (week 6)
- Supine bridging
- Standing hip abduction (week 6)
- Standing hip extension
- Standing hip adduction
- Standing hip flexion
- Side lying clams (week 6)

Other exercise options to add:
- Bike for cardio (no resistance)
- Prone or standing hamstring curls
- Isometric hip abduction
Phase III: Progressive Strengthening

- Week 8-12

<table>
<thead>
<tr>
<th>Goals</th>
<th>Precautions</th>
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<tbody>
<tr>
<td>• Normalize gait</td>
<td>• Progress to full weight bearing per physician clearance</td>
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<tr>
<td>• Increase muscle strength and symmetry</td>
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**Suggested Exercises**

1. **Prone hip extension**
2. **Side lying hip abduction**
3. **Supine hip flexion**
4. **Single leg bridging**
Mini squats  Step ups  Wall sits

Other exercise options to add:
- Side lying hip adduction
- Single leg stance
- Leg press
- Gradually add resistance to bike

Phase IV: Functional Strengthening

• Week 12-20

Goals

• Progressive functional strengthening

Precautions

• Progress strengthening within pain tolerance
Surgical Hip Dislocation

Suggested Exercises

- Single leg squat
- Single leg dead lift
- Lunges

Phase V: Return to Sport

- Week 20 and beyond

Goals

- Improve cardiovascular endurance
- Sport specific training

Precautions

- Criteria to begin running progression:
  - Cleared by physician
  - Non-antalgic normalized gait pattern
  - Pt performs SL squat with proper mechanics (no Trendelenburg, dynamic genu valgum or lateral trunk lean)

Suggested Exercises

- Agility drills
- Plyometrics
- Sport specific training
- Running progression

Discharge Criteria:

- Run with non-antalgic gait and no Trendelenburg
- Cutting and agility drills performed with proper form and no hesitation on involved side
- Physician clearance

Surgical Hip Dislocation