Hip Arthroscopy: Iliopsoas Lengthening



Phase I: Protection and mobility (0-3 weeks)

Goals:

- Protect integrity of surgically repaired tissue
- Reduce pain and inflammation
- Prevent muscle inhibition
- Restore range of motion

Restrictions:

- Weight bearing as tolerated, crutches likely used for 2-4 weeks
- ROM:
 - o No active hip flexion, including SLR exercises for 6 weeks
 - o Limit Hip flexor activation with other exercises
 - o Gentle passive hip extension exercises
- Therapy:
 - o No pool therapy until incisions are healed (3 weeks)
 - o No resistance on bikes, no clipping into bike

Treatment:

- Manual therapy as needed
- Avoid incision until week 3
- Gentle passive hip extension exercises
- Passive ROM hip ER, IR, flexion and abduction.
- Quad sets (minimize activation of iliopsoas), prone hamstring sets, glute and core isometrics
 - o Progress to low resistance theraband exercises for hip
 - Hamstring curls may be performed prone with pillow place underneath hip (be wary of surgical incisions).
- Pelvic tilt exercises (caution with anterior pelvic tilt)

Criteria to progress to next phase:

- Minimal pain, pinching and inflammation
- Full ROM
- Full weight bearing
- Normalized gait

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Phase II: Early strength (Week 3-6)

Goals:

• Protect integrity of surgically repaired tissue

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• Begin strengthening

Restrictions:

- No ballistic or forced stretching
- No impact activities

Treatment:

- May add resistance to bike
- Hip strengthening exercises
- Core stability
- Balance progression

Criteria to progress:

- Normal and pain-free gait
- Minimal pain with strengthening exercises
- Single leg stance

Phase III: Advanced strength (7-8 weeks)

Goals:

• Continue strengthening exercises

Restrictions:

• No ballistic or forced stretching

Treatments:

- Progressing lower extremity and core strength
- Progress dynamic balance
- Begin agility drills

Criteria to progress:

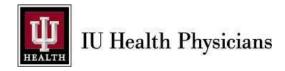
- Good mechanics, no pain with agility drills
- Good strength

Phase IV: Return to sport (Week 24+)

Goals:

- Continue strengthening
- Perform sport specific activity pain-free

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Restrictions:

• No running until 4 months

Treatments:

- Single-leg strengthening
- Progressing lower extremity and core strength and power
- Progress dynamic balance
- Sport specific exercises and drills

Criteria to return to sport:

- Dr. Everhart's clearance
- Hip strength ≥90% of uninvolved