

Variability in Physical Therapy Protocols Following Hip Arthroscopy

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Disclosures

Eugene Brabston, MD: EBSCO: Editorial or governing board^[1]_{SEP} Link Orthopaedics: Paid consultant^[1]_{SEP} Orthopaedic Design NA: Paid consultant

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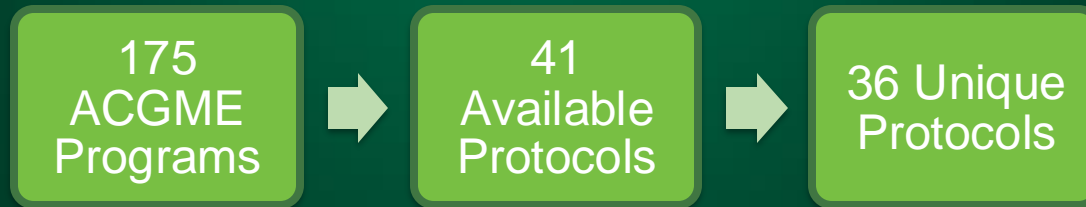
All other authors have nothing to disclose.

Background

- Hip arthroscopy is being increasingly utilized.
- From 2011 to 2018, there was an 85% increase in hip arthroscopy.¹
- The utilization of PT within the weeks following hip arthroscopy has been shown to improve patient outcomes.^{2,3}
- Variability exists between rehabilitation protocols for patient recovery.⁴⁻⁷

Methods

- Rehabilitation protocols were collected from ACGME programs utilizing a web-based search engine using the input “[Insert Program Name] hip arthroscopy rehabilitation protocol.”
- Each protocol was analyzed for variability in brace utilization, weight-bearing restrictions, range of motion (ROM) restrictions, exercise implementation, and duration for each phase and modality of rehabilitation.



Results

Brace Wear

- Required: 13 (36.1%) protocols
- Surgeon Discretion: 4 (11.1%) protocols
- Not Required: 19 (52.7%) protocols

Weight Bearing

- Required: 12 (33.3%) protocols
- Surgeon Discretion: 10 (27.8%) protocols
- Not Required: 13 (36.1%) protocols

Table 1: Start and end times for rehabilitation exercises

	Initiation(Weeks)	Termination(Weeks)
Stationary Bike	0.7±1.3	6.9±2.6
Ankle Pump	0.7±0.5	2.4±0.8
Pelvic Tilt	0.5±0.5	3.4±1.6
Clam Shell	2.7±1.5	6.8±3.6
Pool Therapy	2.9±1	8.9±3.3
Squat	4.4±2.8	10.2±3.5
Step Up/Down	4.3±2.1	8.9±2.5
Leg Press	4.2±1.3	7.4±2.1

Results continued



Figure 1: Mean degree of prescribed restriction for flexion range of motion from 7 to 12 weeks.

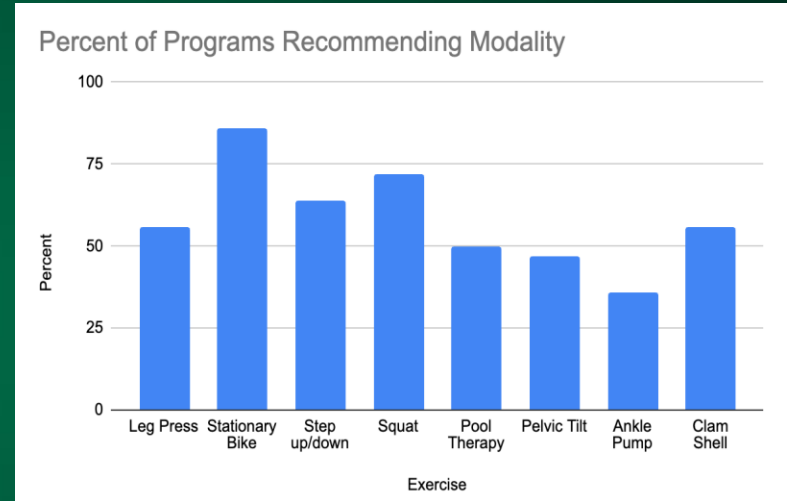


Figure 2: Percentage of protocols that utilize specific therapeutic or resistance exercises.

Conclusions

- The most consistent recommendations across the 36 available protocols was weight-bearing restrictions, with all protocols highlighting the need for load restrictions.
- While research into rehabilitation after hip arthroscopy is expanding, there is little agreement set forth by the ACGME training programs.
- Further studies should investigate optimal rehabilitation protocols to improve postoperative patient outcomes.

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