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SPORTS MEDICINE SURGERY – HIP ARTHROSCOPY

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– Cutting edge information on the arthroscopic treatment of the hip, knee and shoulder –

REHABILITATION PROTOCOL

Capsular Release and Debridement

Suggested frequency/duration:

- 5x/week for post-op week 1-2
- 3x/week for post-op week 3-4
- 2x/week for post-op week 4+, as needed

Goals of Rehab:

- Relieve pain and edema
- Restore motion
- Strengthen RTC and scapular stabilizers once motion is improved
- No restrictions

Phase I (approximately 0 – 7 days post-op)

- 5x/week for 2 weeks
- Sling for comfort only
- Avoid unnecessary compression of sub-acromial structures during passive and active abduction
- Wound Care
 - Ok to remove dressings 24 hours after surgery. Cover portal sites with band-aids and it is patient is able to shower 24 hours after surgery.
- Modalities prn
 - Ice
 - E-stim for pain and edema control

- Therapeutic Exercises (Create HEP from the following: stretching 3-5x/day)
 - Pendulums
 - Pulleys
 - Cane AAROM (flexion, abduction, IR, ER)
 - Stretches into flexion, abduction, IR, and ER
 - Posterior capsule stretch
 - Posture education (avoiding overuse of upper traps; maintaining normal scapulohumeral rhythm)
- Manual Therapy
 - PROM all planes of motion
 - Joint mobilizations for pain control

Phase II (approximately 1 – 4 weeks post-op)

- Therapeutic Exercises
 - Continue with phase I exercises
 - Progress to AROM as tolerated
 - Pec stretch
 - Isometrics (flexion, extension, abduction, IR, and ER)
 - Theraband for scapular stabilization (keeping arm below 90 degrees)
- Manual Therapy
 - Joint mobilizations for pain control and to improve arthrokinematics of GH joint

Phase III (approximately 4+ weeks post-op)

- Continue with Phase I and II exercises
- Progressive strengthening as tolerated
 - Flexion, Extension, IR, ER, D1, D2
 - Isometrics
 - Free weights
 - Theraband
 - Scapular stabilizers
 - Prone I/T/Y
 - Theraband
 - Plyometrics in all planes of motion, as needed and as tolerated
- Can begin return to sports at 6 weeks post-op, as tolerated

Adapted From:

- 1.) Columbia University Shoulder, Elbow, and Sports Medicine Service, “Physical Therapy Protocol Arthroscopic Capsular Release (“Frozen Shoulder)”
- 2.) SLU Care: The Physicians of Saint Louis University, “Shoulder Manipulation and Arthroscopic Capsular Release Rehab Protocol Prescription”
- 3.) Beacon Orthopaedics & Sports Medicine, “Arthroscopic Capsular Release- Rehabilitation Protocol”