



Acetabuloplasty Protocol

Surgery Date: _____

This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

Weight bearing as tolerated, use crutches to normalize gait.

- Crutches are usually discontinued at 5-7 days, once gait is normalized

Strict impact precautions unnecessary, but functional progression may still be protracted because of severity of associated damage.

- May still need to be delayed for 12 weeks to minimize exacerbation of symptoms

Always use pharmacologic prophylaxis against heterotopic ossification (unless contraindicated)

- Quiz patients
- Must initiate and maintain immediately postop

Phase 1: Initial Exercise (Weeks 1-3)

Goals of Phase 1

- Restore range of motion
- Diminish pain and inflammation
- Prevent muscular inhibition
- Normalize gait

Week 1 Date: _____

- Ankle pumps
- Glut sets
- Quad sets
- Hamstring sets
- Adductor isometrics
- Heel slides, active-assisted range of motion
- IR log rolling
- Posterior pelvic tilt
- Supine, lower trunk rotation
- Double leg bridges
- Seated weight shifts – sitting, supported, anterior/posterior, lateral
- Seated knee extensions
- Prone on elbows
- Prone knee flexion
- Standing Adduction, Abduction, Extension and Flexion without resistance
- Pain dominant hip mobilization – grades I, II

- Other:
 - Seated heel raises
 - Standard stationary bike without resistance at 3 days post op (10 min, if tolerated)
 - Upper body ergometer, upper body strengthening

Week 2 Date: _____

- Abduction isometrics
- ¼ mini-squats
- Standing heel raises
- Seated physioball progression – knee extension
- Seated hip flexion, IR/ER in pain free range
- Thera band resistance on affected side – Abduction, Adduction, Flexion, Extension (start very low resistance)
- Superman
- Other:
 - Wall mini-squats
 - Physioball mini-squats with co-contraction
 - Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

Week 3 Date: _____

- Stiffness dominant hip mobilization – grades III, IV
- Double leg bridges to single leg bridges
- Side lying clamshells (pain free range)
- Leg Raise – Abduction, Extension, Adduction
- Shuttle leg press 90 degree hip flexion with co-contraction of adductors
- Dead bug
- Quadruped 4 point support, progress 3 point support, progress 2 point support
- Seated physioball progression – hip flexion
- Forward walking over cups and hurdles (pause on affected limb), add ball toss while walking
- Other:
 - Continue stationary bike with minimal resistance – 5 min increase daily
 - Active range of motion with gradual end range stretch within tolerance
 - Single leg sports cord leg press (long sitting) limiting hip flexion

Criteria for Progression to Phase 2

- ✓ Minimal pain with phase 1 exercises
- ✓ Minimal range of motion limitations
- ✓ Normalized gait without crutches

Phase 2: Intermediate Exercises (Weeks 4-6)

Goals of Phase 2

- Restore pain free range of motion
- Initiate proprioception exercises
- Progressively increase muscle strength and endurance

Weeks 4-5 Dates: _____

- Crunches
- Bosu squats
- Standing thera band/pulley weight – Abduction, Adduction, Flexion, Extension
- Single leg balance – firm to soft surface
- Sidelying clamshells with thera band
- Sidestepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)
- Other:
 - Gradually increase resistance on stationary bike
 - Initiate elliptical machine
 - Pool water exercises – flutter kick swimming, 4 way hip with water weights, step ups

Week 6 Date: _____

- Leg press (gradually increasing weight)
- Physioball hamstring exercises – hip lift, bent knee hip lift, curls, balance
- Superman on physioball – 2 points on physioball
- Other:
 - Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/ simulated ex.)
 - Knee extensions, hamstring curls

Criteria for Progression to Phase 3

- ✓ Minimum pain with phase 2 exercises
- ✓ Single leg stance with level pelvis

Phase 3: Advanced Exercises (Weeks 7-8)

Goals for Phase 3

- Restoration of muscular strength/endurance
- Restoration of cardiovascular endurance
- Optimize neuromuscular control/balance/proprioception

Weeks 7-8 Dates: _____

- Step ups with eccentric lowering
- Lunges progress from single plane to tri-planar, add medicine balls for resistance and rotation
- Thera band walking patterns – forward, sidestepping, carioca, monster steps, backward, ½ circles forward/backward – 25 yds. Start band at knee height and progress to ankle height

- Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed
- Single leg body weight squats, increase external resistance, stand on soft surface
- Other:
 - Full squats
 - Single stability ball bridges

Criteria for Progression to Phase 4

- ✓ Single leg mini-squat with level pelvis
- ✓ Cardiovascular fitness equal to preinjury level
- ✓ Demonstration of initial agility drills with proper body mechanics
- ✓ Hip flexion strength >70% of the uninvolved side
- ✓ Hip adduction, abduction, extension, internal and external rotation >80% of the uninvolved side
- ✓ Cardiovascular fitness equal to preinjury level
- ✓ Demonstration of initial agility drills with proper body mechanics

Phase 4: Sports specific training rehab clinic based progression (Weeks 9-11)

Weeks 9-11 Dates: _____

- Single leg pick-ups, add soft surface
- Other:
 - All phase 3 exercises
 - Pool running (progress from chest deep to waist deep), treadmill jogging
 - Step drills, quick feet step ups (4-6 inch box) forward, lateral, carioca
 - Plyometrics, double leg and single leg shuttle jumps
 - Thera band walking patterns 1 rep of six exercises x 50yds, progress to band at knee height and ankle height

Phase 4: Sports specific training rehab clinic based progression (Weeks 12 and beyond)

Week 12 Date: _____

- Running progression
- Sport specific drills
- Traditional weight training

Criteria for full return to competition

- ✓ Full range of motion
- ✓ Hip strength equal to uninvolved side, single leg pick up with level pelvis
- ✓ Ability to perform sport specific drills at full speed without pain
- ✓ Completion of functional sports test