

Hip Capsular Plication

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Patient _____
 DOS _____

WEEK 1	WEEK 2-3	WEEK 4-5	WEEK 6-12	WEEK 12 +
<p>Initial HEP: Ankle Pumps, Quad Sets Gluteal Sets</p> <p>Restrictions: -No not push through any pain or pinching. -Avoid Extension beyond neutral x3 weeks -Maintain neutral rotation x3 weeks -Abduction 20 degrees x3 weeks -No Straight Leg Raises</p> <p>Weight bearing as tolerated</p>	<p>Continue previous exercises</p> <p>New exercises: -Seated hamstring stretch -Single knee to chest of opposite side -Heel slides -Prone quad stretch -Transverse Abs</p> <p>-PROM for abduction and flexion</p> <p>-Manual and Soft tissue work to TFL, ITB, adductors, piriformis, quadratus lumborum, paraspinals, assisted circumduction</p> <p>-Bike, high seat</p>	<p>Continue previous exercises</p> <p>New exercises: -Hip Abd/Add isometrics -SAQ's -Bent knee fall out stretch</p> <p>-Bridge</p> <p>-Bike</p> <p>-Gait training-cane/crutch-progress to no assistive device by week 6</p> <p>-Initial pool work</p> <p>Precautions: -No forced ROM or stretches</p> <p>-Avoid inflammation</p>	<p>Continue previous exercises</p> <p>New exercises: -Calf raises -FABER stretch -Piriformis stretch -Increase bike resistance -Clamshells -Mini-squats -Step-ups front/lateral -Bridging progression -PSOAS strengthening: step ups, marching in hooklying, prone planks -Elliptical on week 8 if no longer challenged by bike -Double-leg balance to single-leg by week 9-12</p> <p>-Focus on core/gluteus med/max strength</p> <p>Precautions: -Avoid SLR -Avoid common pre-operative -FAI patterns. -If patient experiences a flare up, focus on ROM, stretching, manual therapy, ab and gluteal firing patterns and do not push through pain.</p>	<p>To progress to functional activity: -symmetrical AROM of opposite site -Normal gait -Hip flexor \geq 4/5 -Hip Abd/Ext/ER/IR \geq 4/5 -SLS balance \geq 30 secs. -Medial tap without valgus collapse.</p> <p>Advance previous exercise with reps, speed and resistance.</p> <p>-Leg press -Hamstring work</p> <p>Prior to full functional training: -5/5 strength -Full cardiovascular ability -No pain/pinching -Jog/Hop/Jump Progression</p> <p>Precautions: -Avoid taking direct contact to hip</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>				
<p>June 2018 MD Signature: _____ Date: _____</p>				