Acetabuloplasty

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.
  • If patient has a capsular closure, extension is restricted for 3 weeks.
    • Modify protocol as necessary.

• **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 patient

**PHASE 1: Initial Exercise (Weeks 1-3)**

Ankle pump

Glut sets
**PHASE 1:**

**INITIAL EXERCISES (WEEKS 1-3)**

- Quad sets
- Hamstring sets
- Adductor isometrics
- Heel slides, active-assisted range of motion
- Log rolling
- Pelvic tilt
PHASE 1:  WEEK 1

Initial Exercises (Weeks 1-3)

Trunk rotation
Seated knee extensions

Double leg bridges
Prone on elbows

Weight shifts – sitting, supported, anterior/posterior, lateral
Prone knee flexion
**PHASE 1: WEEK 1**

**Initial Exercises (Weeks 1-3)**

Standing abduction without resistance

Standing flexion without resistance

Standing adduction without resistance

Standing extension without resistance

**Other Exercises Week 1**

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

Pain dominant hip mobilization – grades I, II
PHASE 1:  WEEK 2
In Addition to Previous Exercises (Weeks 1-3)

Abduction isometrics

Seated physioball progression – knee extension

¼ Mini squats

Hip flexion, IR/ER in pain-free range

Standing heel lifts

Theraband resistance on affected side – Abduction (start very low resistance)
**PHASE 1:**

**WEEK 2**

*In Addition to Previous Exercises (Weeks 1-3)*

Theraband resistance on affected side – Adduction (start very low resistance)

Superman

Theraband resistance on affected side – Flexion (start very low resistance)

**Other Exercises Week 2**

- Wall mini-squats
- Physioball mini-squats with cocontraction
- Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

Theraband resistance on affected side – Extension (start very low resistance)
**PHASE 1: WEEK 3**

**In Addition to Previous Exercises (Weeks 1-3)**

- **Stiffness dominant hip mobilization – grades III, IV**
- **Clamshells (pain-free range)**
- **Leg raise – Abduction**
- **Double leg bridges to single leg bridges**
- **Leg raise – Extension**
**PHASE 1:**

**WEEK 3**

**In Addition to Previous Exercises** *(Weeks 1-3)*

- **Shuttle leg press 90 degree hip flexion with co-contraction of adductors**

- **Dead bug**

- **Seated physioball progression – hip flexion**

- **Forward walking over cups and hurdles (pause on affected limb), add ball toss while walking**

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**Other Exercises Week 3**

- Continue stationary bike with minimal resistance – 5 min. increase daily
- Active range of motion with gradual end range stretch within tolerance
- Leg raise – Adduction
- Single leg sports cord leg press (long sitting) limiting hip flexion
**PHASE 1:**

**WEEK 3**

**In Addition to Previous Exercises** *(Weeks 1-3)*

**Goals of Phase 1**
- Restore range of motion
- Diminish pain and inflammation
- Prevent muscular inhibition
- Normalize gait

**Criteria for progression to Phase 2**
- Minimal pain with phase 1 exercises
- Minimal range of motion limitations
- Normalized gait without crutches

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**PHASE 2:**

**WEEKS 4-5**

**Intermediate Exercises** *(Weeks 4-6)*

- Crunches
- Standing theraband/pulley weight – Abduction
- Bosu squats
- Standing theraband/pulley weight – Adduction
PHASE 2: WECKS 4-5
Intermediate Exercises (Weeks 4-6)

Standing theraband/pulley weight – Flexion

Clamshells with theraband

Standing theraband/pulley weight – Extension

Sidestepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)

Single leg balance – firm to soft surface

Other Exercises Weeks 4-5

- Gradually increase resistance with stationary bike
- Initiate elliptical machine
- Pool water exercises – flutterkick swimming, 4 way hip with water weights, step-ups
PHASE 2: WEEK 6
Intermediate Exercises (Weeks 4–6)

Leg press (gradually increasing weight)

Superman on physioball – 2 point on physioball

Physioball hamstring exercises – hip lift, bent knee hip lift, curls, balance

Other Exercises Week 6
- Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/simulated ex.)
- Knee extensions, hamstring curls

Goals of Phase 2
- Restore pain-free range of motion
- Initiate proprioception exercises
- Progressively increase muscle strength and endurance

Criteria for progression to Phase 3
- Minimum pain with phase 2 exercises
- Single leg stance with level pelvis
**PHASE 3:**  
**WEEKS 7-8**  

**Advanced Exercises (Weeks 7–8)**

- **Step-ups with eccentric lowering**
- **Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed**
- **Lunges progress from single plane to tri-planar, add medicine balls for resistance and rotation**
- **Single leg body weight squats, increase external resistance, stand on soft surface**

**Other Exercises Weeks 7-8**

- Full squats
- Single stability ball bridges

**Goals for Phase 3**

- Restoration of muscular endurance/strength
- Restoration of cardiovascular endurance
- Optimize neuromuscular control/balance/proprioception
**PHASE 3:**

**WEEKS 7-8**

**Advanced Exercises (Weeks 7–8)**

**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

**PHASE 4:**

**WEEKS 9-11**

**Sports specific training rehab clinic based progression**

**Other Exercises Weeks 9-11**
- 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
- Theraband walking patterns 1 rep of six exercises x 50yds, progress to band at knee height and ankle height

**PHASE 4:**

**WEEKS 12 & BEYOND**

**Sports specific training rehab clinic based progression**

**Other Exercises Weeks 12 & Beyond**
- 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