

REHABILITATION PROTOCOL: HIP ENDOSCOPY ISCHIOFEMORAL DECOMPRESSION

☐ **Phase 1 (Weeks 0-2)**

- Weight bearing: Foot flat weight bearing approximately 20 lb with crutches
- Normalize gait pattern with crutches
- Range of motion
 - Gentle range of motion

☐ **Phase 2 (Weeks 2-6)**

- Weight bearing: As tolerated, discontinue crutch use
- Progress range of motion
- Therapeutic exercises
 - AVOID HIP FLEXOR STRENGTHENING UNTIL 6 WEEKS

☐ **Phase 4 (Weeks 6-12)**

- Weight bearing: As tolerated
- Initiate hip flexor strengthening
- Progressive LE and core strengthening
- Plyometrics
- Treadmill running program when cleared by surgeon
- Sport specific agility drills