

Post-Operative Hip Arthroscopy Timeline

Name: _____

Day of Surgery: _____

Post-Op Visit 1: _____

- Physical Therapy prescription given
- Stitches out, dressing removed, steri-strips applied
- May shower...no bath tubs, hot tubs, swimming pools for an additional 2 weeks

2 weeks out: _____

- Discontinue Brace/black boots
- Begin scar massage

3 weeks out: _____

- Begin to wean off of crutches with P.T. (off crutches when you can walk w/o a limp)
- May soak incisions if fully healed (pool, bath, hot tub, etc)
- Discontinue white stockings and Aspirin / Lovenox

Post-Op Visit 2 (1 month out): _____

- Check Range of Motion of hip
- Continue PT Protocol

Post-Op Visit 3 (3 months out): _____

- Check Range of Motion of hip
- Switch to Functional Hip Protocol if doing well and appropriate
- **may be last visit if doing well

Post-Op Visit 4 (5 months out, if needed): _____

- Check Range of Motion of hip
- Pain evaluation if still having symptoms