

# Postoperative hip arthroscopy surgery restrictions

## Procedure performed:

- Labral repair
- Labral debridement
- Psoas release
- Femoral/acetabular osteoplasty
- \_\_\_\_\_

## Activity:

- Non-weightbearing of the operative leg for four weeks.** The leg must not touch the floor and is not permitted to support any body weight. All of your weight is on your unaffected leg. Use crutches or a walker to get around until your provider tells you otherwise.
- Toe touch/flatfoot weightbearing for four weeks.** The toes or foot may touch the floor (to maintain balance), but not support any weight. All of your weight is on your unaffected leg. Imagine having an egg under your foot that you should not be able to crush.
- Up to 50% partial weightbearing for \_\_\_\_ weeks.** Up to half of your weight may be supported by the surgical leg. You can use a home scale to tell what this amount of weight feels like. Determine how many pounds the above percentage is for your body weight and place your operative leg on the scale. Lean more body weight onto the scale until you reach this amount. Use crutches or a walker to help support the rest of your body weight until your provider tells you otherwise.

## Brace/immobilizer instructions (if you were provided one):

- Keep your immobilizer on until you have full sensation and movement of your operative leg to protect it while the nerve block is still working.**

## Range of motion:

- Full range of motion.** Stretch frequently to progress the range of motion to your hip.
- Avoid bending your hip to 90 degrees, crossing your ankles and pulling the leg away from your body as this may damage surgical repair.**

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