



## ORTHOPEDIC ASSOCIATES of HARTFORD

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### Postoperative Instructions Following Hip Arthroscopy for Iliopsoas Release

General comments: Patients will be given crutches in the surgical center, to be used for 2-6 weeks to reduce weight-bearing on the hip. The progression to weight bearing as tolerated will be determined by what is done during the surgery. Additionally, some patients receive a brace that reduces the angle of motion of the hip. Physical therapy will be prescribed and is extremely important to a successful recovery from the procedure.

It is paramount that you use your crutches for whatever period of time you are advised. Keeping partial weight off the hip is a major contributor to a rapid healing of the hip tissues.

The following are some instructions for the initial post operative period:

- 1. BANDAGES:** Your bandage may be removed 2 days following surgery. Band aids can be used to protect the incisions.
- 2. MEDICATIONS:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications, and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication for one month.**
- 3. SHOWER:** You may shower after 48 hours. Do not take a bath or submerge the hip under water for 7 days. If any drainage is present, do not get the hip wet and please call the office.
- 4. STITCHES:** There are stitches in the skin. After 7-10 days we will remove the sutures in the office. If any problem is noted with the incision, please call the office (860) 549-8249.
- 5. WORK ACTIVITY:** Most people are able to return to either sedentary or restricted work activity within 1-2 weeks of their operative procedure. Generally, full normal stressful activities and sports are resumed after 3-4 months depending on the extent of your surgical procedure.
- 6. COMFORT:** Pain and swelling after arthroscopy is to be expected. This should subside after 2-4 days. If the following develop and persist after 24 hours, please call the office:
  - a. Fever over 101.5 degrees.
  - b. Swelling below the knee, in the calf, ankle or foot which does not respond to elevation.
  - c. Increasing pain in the hip, thigh or calf.
  - d. Discharge or drainage from the wound which continues greater than 24 hours.
- 9. FOLLOW-UP:** Please call the office the day after your operation and make an appointment for 7-10 days after your procedure. You will be checked, your procedure discussed and your rehabilitation will be planned.

## Hip Arthroscopy Post Operative Instructions

You've had arthroscopic hip surgery today. Your hip joint and labrum were evaluated thoroughly.

**I found in your hip:**

Inflamed Bursa     Tight Iliopsoas

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**I was able to:**

Release Iliopsoas                       Remove Bursitis

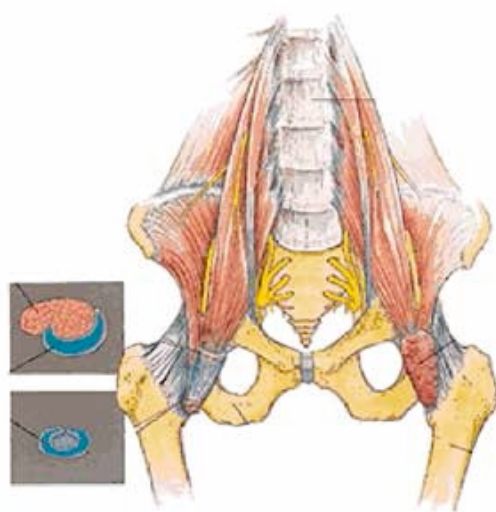
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**Until I see you, you should:**

Non weight bearing     Partial weight bearing <50%     Weight bearing as tolerated

Stationary bike             Post op day

Start physical therapy (a referral has been given)



Here are several exercises that are recommended for in-home rehabilitation. These are just suggestions, your Doctor or Physical Therapist may have different suggestions based on the complexity of the procedure(s) performed on your hip.

### **Stationary or Recumbent Bike**

Raise seat one notch higher than normal so you are barely making revolutions

May ride the day of surgery , slowly

Start off with minimal resistance and exercise for 10 to 15 minutes

Second day: ride the bike twice, once in AM and once PM each 10 to 15 min

Gradually build up time and resistance

If you have increased soreness, decrease time and/or resistance

### **Pool**

May begin post-op day 2 (if surgery was on Monday get in pool Wednesday)

Cover wounds (a surgical dressing is prescribed to protect the wounds in water)

Walk in chest deep water for 5 minutes, bringing leg up to 80 degrees with each step

Flutter kicks: 10 to 15 minutes

Bicycle in corner of pool 10 to 15 minutes

### **Isometrics**

All 4 planes

Make a good muscle contraction against resistance but do not actually move leg

Do 3 sets of 10 in all planes, while holding for 5 seconds

### **Assisted Resistance**

Someone can apply resistance to you in each direction:

1. Try to move towards the midline of your body
2. Push down against the bed
3. Push away from the midline of your body.
4. Lift up, like a straight leg raise (this may be sore, if so you may skip)
5. Avoid squats or leg presses

### **Ankle Pumps**

Point toe towards face and then away

Perform 30 every hour for the first few days

### **Weight Bearing Status:**

Non Wt Bearing = 0% of your weight is applied while walking.

Partial Wt Bearing = 50% of your weight is applied while walking

Progress to Full Wt Bearing = Partial Wt Bear while slowly increasing weight