



ORTHOPEDIC SURGERY

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PODIATRY

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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
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Emmetsburg
Pocahontas
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Primghar
Sibley
Algona

OFFICE LOCATIONS

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www.nwiabone.com

FEMORAL ACETABULAR IMPINGEMENT

Conservative Management for Femoral Acetabular Impingement

ACUTE PHASE I: 0-4 WEEKS:

ROM & Flexibility:

- Stretches/ ROM

- Hip extension / anterior capsule

- Hip flexion, Add/ Abductors

- IR at 0 degrees and in flexion positions, ER

- Quadruped rocking for hip flexion (pain free, ensure neutral spine)

- Stationary bike high seat avoid deep hip flexion (pain)

Muscle Strength & Endurance

Lumbo-Pelvic (Core-stability):

- Supine Transverse abdominis (TA) and Pelvic floor setting

- Basic supine TA and pelvic floor

- Inner range bent knee fall out/full range

- Heel march March (active hip flexion)

- Heel slides Heel slides + hip flexion (assisted with belt under femur/active)

- Standing, sitting, walking, and weight-bearing postures with TA and pelvic floor

Hip/ Gluteals/ Hamstring/ Quadriceps:

- Prone hip extension off edge of bed

- Clam shell isometric side lying hip abduction isotonic hip abduction

- Supine bridging: double, single, on ball

- Standing hip extension, abduction progress to pulleys or ankle weights (do not allow trunk shift)

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- Shuttle 2 1 leg as tolerated

- Squats: wall, mini, progress to deeper squats as able

Proprioception:

2 legs:

- Equal weight bearing: forward/ backward and side to side
progress to single leg weight shift with core activation and hip/ pelvic control

- Wobble boards with support side to side, forward/ backward

- Standing on ½ foam roller: balance rocking forward/ backward

SUB-ACUTE PHASE II: 4-12 + WEEKS:

ROM & Flexibility:

- Quadruped rocking with IR/ ER bias*

- Stationary bike Elliptical forward/ backward Stairmaster with TA/
Pelvic floor setting and adequate pelvic/ hip control (i.e. absent trendelenberg,
pelvic rotation)*

- Treadmill: walk forward backward (for hip extension), interval jog jog,
interval run run (if tolerated)*

Muscle Strength & Endurance:

Lumbo-Pelvic (Core stability) + Gluteals/ Hamstrings/ Quadriceps:

- Advanced core: side plank (on elbows/ feet), prone plank (on
elbows/ toes)

- Continue hip strengthening with increased weights/ tubing
resistance

- Quadruped – alternate arm & leg lift

- Shuttle work on strength & endurance, 2 1 leg (progress with
increased resistance)

- Tubing kickbacks

- Lunge: Static ¼- ½ range full range

- Lunge walking, forwards/ backwards, hand weights

- Side stepping shuffling hopping +/- theraband (thigh/ ankle)

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- Single leg: wall squat mini squat dead lift

- Forward and lateral step-ups 4-6-8" (push body weight up through weight bearing heel slow and with control, also watch for hip hiking or excessive ankle dorsiflexion)

- Eccentric lateral step down on 2-4-6" step with control

Proprioception:

2 legs 1 leg:

- Wobble boards: without support: side to side, forward/backward vision, vision removed, 2 legs

- Standing on ½ foam roller: balance rocking forward/backward

- Single leg stance on unstable surface i.e. pillow, mini-tramp, BOSU

- Single leg stance performing higher end upper body skills specific to patient goal(s)

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