



ORTHOPEDIC SURGERY

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Jason C. Hough, DO
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PODIATRY

Timothy D. Blankers, DPM
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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

1200 1st Ave. E., Suite C
Spencer, IA 51301
Phone: 712-262-7511
800-248-4049
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1525 West 5th St., Pod C
Storm Lake, IA 50588
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2301 HWY 71, Suite E
Spirit Lake, IA 51360
Phone: 712-336-8708
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www.nwiabone.com

Hip Arthroscopy (Labral Tear)

Weeks 1-2: Early Motion Phase

Weight Bearing: Crutches 7-14 days, progress from partial to full weight bearing over 1-2 weeks as comfort allows.

ROM Goals:

Extension: 10 degrees

Flexion: 90 degrees

Abduction: 30 degrees

Internal rotation in flexion: 20 degrees

External rotation in flexion: 60 degrees

Therapeutic Exercises:

Strengthening: Quad sets

Conditioning: Stationary bike 5 to 10 minutes (avoid excessive hip flexion)

Weeks 3-4: Advanced Motion Phase

Weight Bearing: Full

ROM Goals:

Extension: 20 degrees

Flexion: 100 degrees

Abduction: 45 degrees

Adduction: 45 degrees

Internal rotation in flexion: 30 degrees

External rotation in flexion: 80 degrees

Therapeutic Exercises:

Strengthening: Quad sets, four-way straight leg raising

Proprioception: Weight shifting

Conditioning: Stationary bike, less than 15 minutes

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Weeks 5-6: Strengthening Phase

Weight Bearing: Full

ROM Goals: Full

Therapeutic Exercises:

Strengthening: Closed chain: half squats, step downs, etc.

Proprioception: Weight shifting, Balance Activities

Conditioning: Stationary bike, treadmill

Weeks 7-8: Advanced Strengthening Phase

Therapeutic Exercises:

Strengthening: Closed Chain, Multi plane single leg, hamstrings, hip hikes

Proprioception: Weight shifting, single leg balance activities

Conditioning: Stationary bike, Treadmill

Week 9, Month 4: Conditioning Phase

Therapeutic Exercises:

Strengthening: Closed chain, Multi-plane single leg, hamstrings, hip hikes, multi-hip, trunk bends, plyometrics

Proprioception: Weight shifting, balance activities

Conditioning: Stationary bike, treadmill, stair climber, elliptical machine, ski machine

Month 5: Return to Sport and Function Phase

Therapeutic Exercises:

Conditioning: Running straight

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