



## **Aquatic Rehab Protocol for FAI Decompression**

### **AQUATIC THERAPY GUIDELINES**

The intent of this protocol is to provide guidelines for the progression of rehabilitation following hip arthroscopy. This is not a substitute for clinical decision making. Progression through each phase of rehabilitation is based upon clinical criteria, rehabilitation progress and time frame as appropriate.

Please fax progress notes at 4, 8, 12 and 16 weeks post-operatively to (617) 730-0178. Please contact the staff for any assistance in the progression of therapy.

Aquatic therapy should not begin until after the wound has completely healed, usually after the 2nd week.

### **Phase 1 – Immediate Rehabilitation (Day 14)**

- 2x per week
- Deep water Aquajogging (Knee below 70°) 10 minutes
- Flutter kick on back (with small fins) with Flotation belt 5 minutes
- Deep water Aquajogging 5 minutes
- Standing Abduction 3 sets of 10

### **Phase 2 – (Day 28-42)**

- 2-4x per week
- Deep water Aquajogging (Knee below 70°) 5 minutes
- Flutter kick on back (with small fins) with Flotation belt 5 minutes
- Deep water Aquajogging 5 minutes
- Flutter kick on front (with fins/kickboard) 5 minutes
- Walking in water 5 minutes each (forward, backward, lateral)



Upper body strengthening and conditioning can be done after the above by using a pull buoy between your legs. If you are a good swimmer this can be done for as long as you want. No flip turns.

### **Phase 3 – (Day 42-49)**

- 2-4x per week
- Deep water Aquajogging (Knee below 70°) 5 minutes
- Flutter kick on back (with small fins) with Flotation belt 5 minutes
- Deep water Aquajogging 5 minutes
- Flutter kick on front (with fins/kickboard) 5 minutes
- Walking in water 5 minutes each (forward, backward, lateral)
- Add waist deep squats and lunges (keeping hip flexion below 90°). 3 sets of 15
- Crawl stroke can begin without a pull buoy, but with fins on.

### **Phase 4 – Beyond 49 days**

- 2-4x per week
- Water jogging in waist to chest deep water 10 minutes
- Waist deep squats and lunges 3 sets of 15
- Swimming can be done with fins. No flip turns until week 10 and no breaststroke until after 3 months.