

# Specific Hip Protocol Guidelines for Non Surgical Treatment/Return to Sport Phase Femoroacetabular Impingement Patients

Phase I: Analysis of sport position needs for the individual outpatient

- Identify if a flexed, abducted, internally rotated position is required or achieved upon comments for motions.
  - Video feedback using smart phone or digital video to assess
    - Single leg landing
    - Direction change stance phase position
    - He sports/work activity squat or pivot positions
- Assess and instruct if position modification can assist in avoidance of deep hip flexion/abduction/internal rotation

Phase II: For analysis and treatment of core weakness

- Test for core deficiency
- Instructed an cue foot-on-ground supine core engagement exercise

Phase III: Analysis and treatment of hip muscular/capsular balance

- Closed chain gluteus maximus strength training
- Manual posterior hip capsular mobilization if tolerated by patient
- Anterior 1/3 gluteus medius manual roll or massage
- Prone hip flexor stretch for rectus/psoas

Phase IV: Sports specific drills

- Assess sport specific needs/techniques
  - Kicking (soccer), throwing/batting (baseball), skating (hockey)