

Birmingham Hip Protocol

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9/15/09

Phase I: Protection Phase 0-4 weeks

No hip flexion >90 degrees for 4 weeks then avoid combination of:

Flexion >90

Internal rotation

Adduction

Isometric leg strengthening focus on abductors and hip flexors

Knee and ankle ROM

Water activities once wound healed, no scabs or healing concerns

Phase II: Early strengthening

Still avoid combined flexion, IR and adduction, but single motions may be initiated

Isotonic leg strengthening

Stationary bike with hip flexion

Wean from assistive devices

Balance and Proprioception activities-beginning activities

Stretching to Improve ROM : IR in prone, extension

Stretch hip flexion after 4 weeks

Hip mobilization to improve ROM

Phase III: Functional training

Resistive leg strengthening

Closed chain strengthening

Normalize gait pattern

Advanced balance and proprioception activities

Phase IV: Advanced strengthening

Agility training

Phase V: Return to sport

High Impact Activities and High Hip Stress 6 months

(Jogging, Jumping, Heavy Squats etc)

Low Impact Activities 4-6 weeks as tolerated