



Sports Medicine and Performance Center

UNIVERSITY OF COLORADO | SCHOOL OF MEDICINE

IN PARTNERSHIP WITH BOULDER COMMUNITY HEALTH

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CU Hip Preservation

Preparing for Hip Arthroscopy: Post-operative management

www.cuhipclinic.com

WEIGHT BEARING (WB): Post-operative weight-bearing (WB) status will be determined during surgery, based on your individual anatomy and the specific procedures performed. We will inform you and your family of your WB status following the operation.

CRUTCHES: Please obtain crutches prior to your surgery and bring them with you to the hospital on the day of your procedure, as they are not provided by the hospital. Regardless of your weight-bearing status, expect to remain on crutches for 6 weeks.

DRIVING: You should refrain from driving for at least two weeks following surgery, regardless of which leg is operated on. Clearance to resume driving will be given at your post-operative visit.

STATIONARY BIKE (NO RECUMBENT CYCLE!): You may begin cycling on an upright stationary bike—without resistance—as early as the afternoon or evening of your surgery, provided you are not feeling dizzy or lightheaded. Adjust the seat so it is one notch higher than your normal height to avoid excessive hip flexion (greater than 80 degrees) while pedaling. Do not add resistance until at least 4 weeks post-operatively.

Your first session on the bike should be between 5-7 minutes. On day two, you should cycle twice, once in the morning and once in the evening, for 5-7 minutes per session. Day three onward you should increase cycling time by 1-2 minutes per session each day, with a goal to cycle twice daily for 30 minutes by week 4.

For a video demonstration and full protocol, visit: www.cuhipclinic.com

HIP RANGE OF MOTION (ROM): For the first 4 weeks after surgery, avoid the following movements: hip flexion beyond 80 degrees, hip external rotation beyond neutral and hip hyperextension. Refer to the website for a video demonstration of these ROM restrictions: <https://www.cuhipclinic.com/>

You may sleep on your back or either side with a pillow placed between your legs. Avoid sleeping on your stomach for 4 weeks post op.

PHYSICAL THERAPY: Prior to your surgery, decide where you would like to attend post-operative physical therapy. Once determined, notify our team so we can send the appropriate referral. You should call to schedule your PT appointments before your surgery to ensure a timely start. If you're seeing a therapist from our preferred list, you may begin PT two weeks after surgery. If you are using a non-preferred provider, you should start 6 weeks after surgery. Once PT begins, plan to attend 1–2 sessions per week for 12 to 16 weeks. Be sure to schedule early and plan accordingly. In addition to in-clinic sessions, expect to complete home exercises ("PT homework") daily for several months.

PRESCRIPTION MEDICATIONS: All post-operative prescriptions will be perscribed on the day of surgery and cannot be issued in advance. Typically, our PA-C will prescribe the following medications: Dilaudid 2mg-for pain, to be taken as needed, Naproxen 500mg-twice daily for 21 days to help prevent heterotopic ossification (H.O.), Robaxin 500mg-as needed for muscle spasms, Zofran-as needed for nausea and Losartan 12.5mg-twice daily for 21 days to reduce scar tissue formation. This medication regimen may be adjusted based on your individual needs, medical history, and any specific concerns. Please inform the team of any known allergies to medications, latex, iodine, or adhesives.

POST OPERATIVE CLINIC VISITS: Following your surgery, you will have scheduled follow-up appointments with Dr. Mei-Dan and the team at the following time points: 2-3 weeks, 6 weeks, 3 months, 6 months, 1 year, 2 years. These visits are essential to ensure you're progressing appropriately with rehabilitation and healing. They provide a forum for addressing questions, discussing weight-bearing progression, supporting your return to work or school, monitoring your recovery, and guiding you return to higher-level activities. Your first two follow-up appointments will be scheduled by our surgery coordinator when your surgery date is scheduled.