

**Hip Arthroscopy Post-operative Timeline**

\*\*\* Time After Surgery \*\*\*

- 1 day:
  - Begin physical therapy
- 3 days:
  - Remove the post-operative dressing
  - Cover incisions with waterproof bandaids
  - You may shower, but keep incisions dry and covered with waterproof bandaids
- 2 weeks:
  - Sutures out
  - Stop use of CPM (continuous passive motion) machine
- 4 weeks:
  - Stop use of derotational boots and pillow while sleeping
  - Stop use of brace
  - Stop use of crutches
  - Start bearing more weight on your operative leg as you wean out of brace and crutches
- 10 weeks:
  - Start elliptical
- 12 weeks:
  - Start jogging
  - Start treadmill
- 12 to 18 weeks:
  - Start sport-specific training
  - Start plyometrics
- 6 to 12 months:
  - Return to competitive sports