

PHYSICAL THERAPY MANAGEMENT FOLLOWING FEMOROACETABULAR CORRECTION AND ACETABULAR LABRAL REPAIR: A CASE REPORT.

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Abstract (Limited to 300 Words):

BACKGROUND AND PURPOSE: Hip pain is a common complaint amongst active individuals. One cause of hip pain in the athletic population is femoroacetabular impingement (FAI). FAI is characterized by impingement between the head of the femur and the acetabulum of the hip joint due to structural abnormalities. Patients with FAI complain of hip pain that progressively worsens and eventually interferes with activities of daily living, such as ambulation. This case report describes physical therapy management following arthroscopic hip surgery for the treatment of FAI and acetabular labral tears in both inpatient and outpatient rehabilitation settings.

CASE DESCRIPTION: The patient was 15-year-old female high school student with a history of bilateral hip complaints who was actively involved in sporting activities. This case presents the rehabilitation following arthroscopic surgery of her right hip. Post-operative interventions included: lower extremity range of motion exercises, strengthening of core musculature as well as lower extremity musculature, and functional activities.

OUTCOMES: Following physical therapy intervention, the patient demonstrated improvements in function as measured by the Hip Dysfunction and Osteoarthritis Outcome Score (HOOS) and Hip Outcome Score (HOS). Her outcomes regarding return to sporting activities were limited secondary to bilateral hip complaints. Surgery on her left hip was scheduled two weeks after she was discharged from outpatient physical therapy for her right hip.

DISCUSSION: Surgical outcomes following arthroscopic hip surgery for correction of FAI are well reported, but limited literature is available describing physical therapy protocols and outcomes. This case describes the role of physical therapy intervention in facilitating this patient's return to prior level of function following arthroscopic hip surgery. Further research is needed in order to determine the effectiveness of physical therapy intervention and to determine best practices regarding post-operative protocols for patients with FAI.