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Intro to Hip
Arthroscopy Rehab
Phase II Hip
Arthroscopy Rehab
Phase II Hip Extension
on Stool Hip Labral
Double Tear Repair/
Post Surgery (7-10
Weeks) Rehabilitation
HIP #2! (Second) Hip
Arthroscopy Labral*

*Repair Surgery: 3.5
Months \u0026 3
Weeks Post-Op
Arthroscopic Labral
Repair and Open
Derotational
Osteotomy for FAI with
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Ice: Apply an ice pack to the hip to minimize pain and swelling. Use Cryo/Cuff® as directed. Office Appointment: If you do not already have a post-op appointment with your doctor, please call our office to

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Introduction. After
 attending the APA
 breakfast on
 femoroacetabular
 impingement (FAI) with
 Joanne Kemp, where
 Joanne made a point
 that perhaps
 physiotherapists aren't
 doing enough to
 rehabilitate patients
 following hip
 arthroscopy for FAI, I
 became curious to
 know how post-op hip

rehabilitation has
 evolved over the past
 10 years.. One
 common statement
 throughout the
 research I read on this
 ...

Hip: Post Hip Arthroscopy Rehab Phase 1 & 2 — Rayner & Smale

Yesterday was 8 weeks
 post-op from
 arthroscopy and FAI
 correction on my right
 hip. My right hip
 continues to do well. I
 am still working on my
 range of motion and
 stretching the hip joint.
 Last Thursday in PT I
 did quite a bit of
 strength exercises and
 I think I slightly over
 did it...

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