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FEMOROACETBULAR IMPINGEMENT (HIP)

Surgery:

- 1.5-2.5 Hours Long
- 2-3 Incisions the size of a button shirt hole
- Same Day Surgery

Surgical Goals:

- Repair/Clean Cartilage & Labrum
- Improve the shape of the joint
 - Decrease Pain
 - Improve Function

General Timeline After Surgery:

- 0-4 weeks Post-Op: Advance to full range of motion as tolerated. Toe touch weight bearing, progressing to partial weight bearing with crutches for 4 weeks (slowly increase weight bearing over this time period*)

On the day of surgery, a range of motion and ice machine are provided to facilitate recovery

- **Start formal Physical Therapy 2 weeks after surgery date**

(Find a physical therapist that's close to home and covered by insurance)

- 0-3 Months Post-Op: Concentrate on activities in life that you "have" to do (errands, work, etc)
 - 3 Months Post-Op: Light Sports Activities (jogging, outdoor biking, swimming, golf)
 - 4-6 Months Post-Op: Return to Sports—As long as hip is comfortable

- **Typical Post-Op Appointments: 4 weeks, 4-6 months, and 1 year out from surgery date**

Changes to timeline may occur if capsular instability is noted during surgery

University of Utah Orthopaedic Center (Adult): 801-587-7109

Primary Children's Hospital (Pediatrics): 801-662-5600