

Physical Therapy Management of a Young Adult Female Post Bilateral Hip Capsulo-Labral Repair: A Case Report

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INTRODUCTION

- ❖ Hip capsulo-labral reconstruction is commonly performed to address instability and pain at the hip.
- ❖ Common indications for capsulo-labral repair or reconstruction include: hip instability, pain, and hypotrophic dysfunctional labrum.
- ❖ Physical therapy has been shown to be beneficial to patients over short durations of time, though surgical intervention has shown in most cases to be the most effective in returning athletes to sports activity.

PURPOSE

- ❖ To describe a unique patient case in which the patient had undergone repetitive surgeries for hip capsulo-labral repair on four separate occasions, and report the outcomes from receiving physical therapy post surgically.

CASE DESCRIPTION

- ❖ This case study describes a 25-year-old female initially referred to outpatient physical therapy for right and left hip pain status post left hip labral repair, femoroplasty, acetabuloplasty, and iliopsoas lengthening in October of 2021.
- ❖ The patient was active in the gym prior to surgery, but spent several hours sedentary throughout the day as a student pursuing her Master's Degree in Political Science.
- ❖ Patient underwent a third capsulo-labral reconstruction with femoroplasty and iliopsoas lengthening in the right hip in March of 2022, making this her fourth surgical intervention due to repeated capsulo-labral compromise.

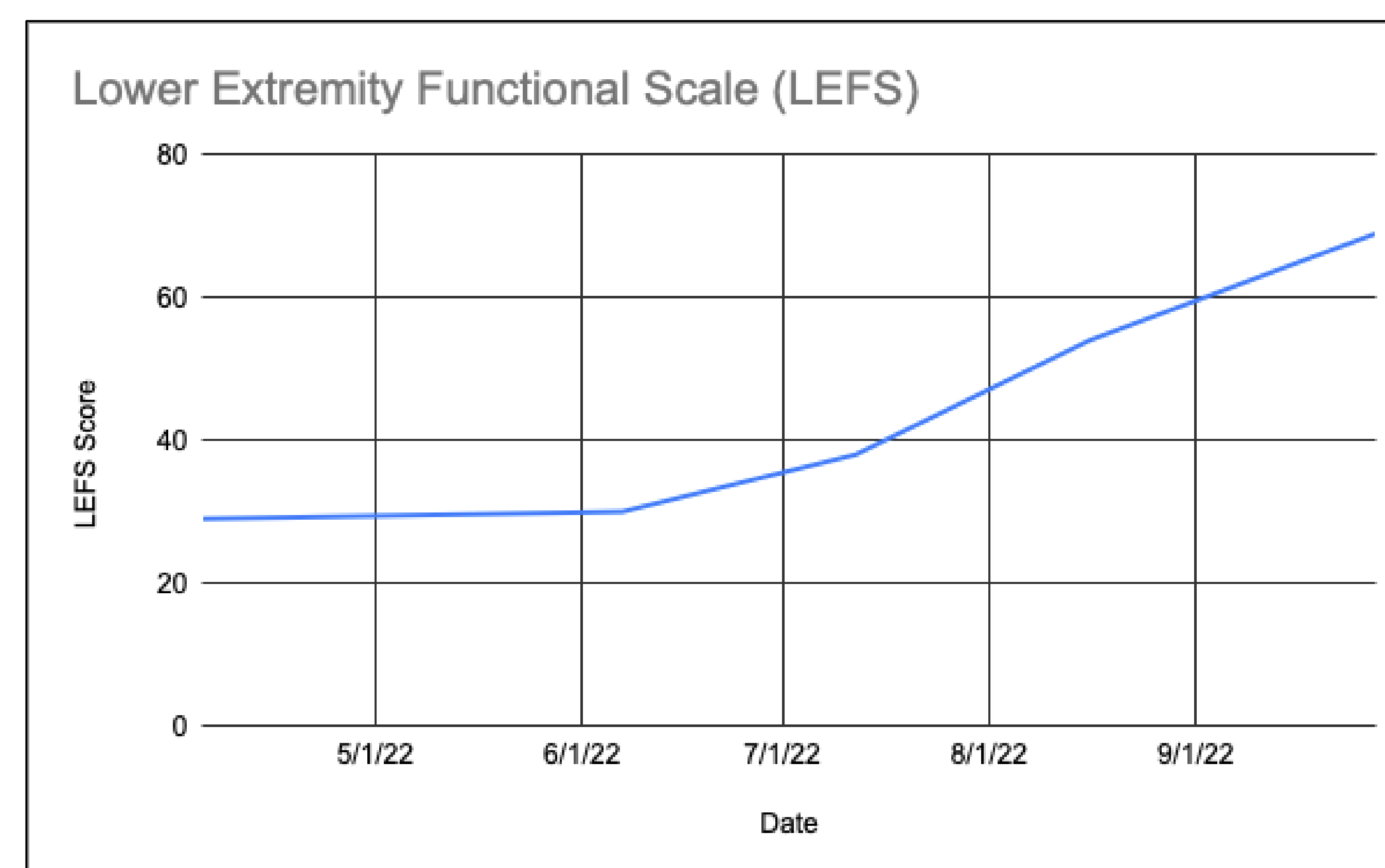
METHODS

- ❖ The following interventions were used in the patient's plan of care as recommended by the 2014 Clinical Practice Guidelines:
 - *Neuro Re-education: Balance Training*; 3 days per week, 15-30 minutes per session
 - *Strength Training*; 3 days per week, 20-45 minutes per session
 - *Stretching*; 3 days per week, 10 minutes a session
 - *Plyometrics Training*; 1 day per week, starting at week 20 of therapy, 30-45 minutes per session



OUTCOMES

- ❖ The following chart depicts the patient's progress in the activities of daily living included in the Lower Extremity Functional Scale outcome measure throughout the duration of treatment.



- ❖ The following pictures show the patient performing a single leg Romanian deadlift and heel-elevated squat in October of 2022.

DISCUSSION

- ❖ Over the course of her sessions she was able to slowly increase her range of motion, decrease apprehensiveness, and increase power and explosiveness off the ground.
- ❖ LEFS score improved from 29/30 at initial evaluation to 69/80 by the time plyometric training was implemented.
- ❖ The patient returned to activities such as weight training in a gym setting, and hiking with increased confidence in performance and absence of pain.

REFERENCES

