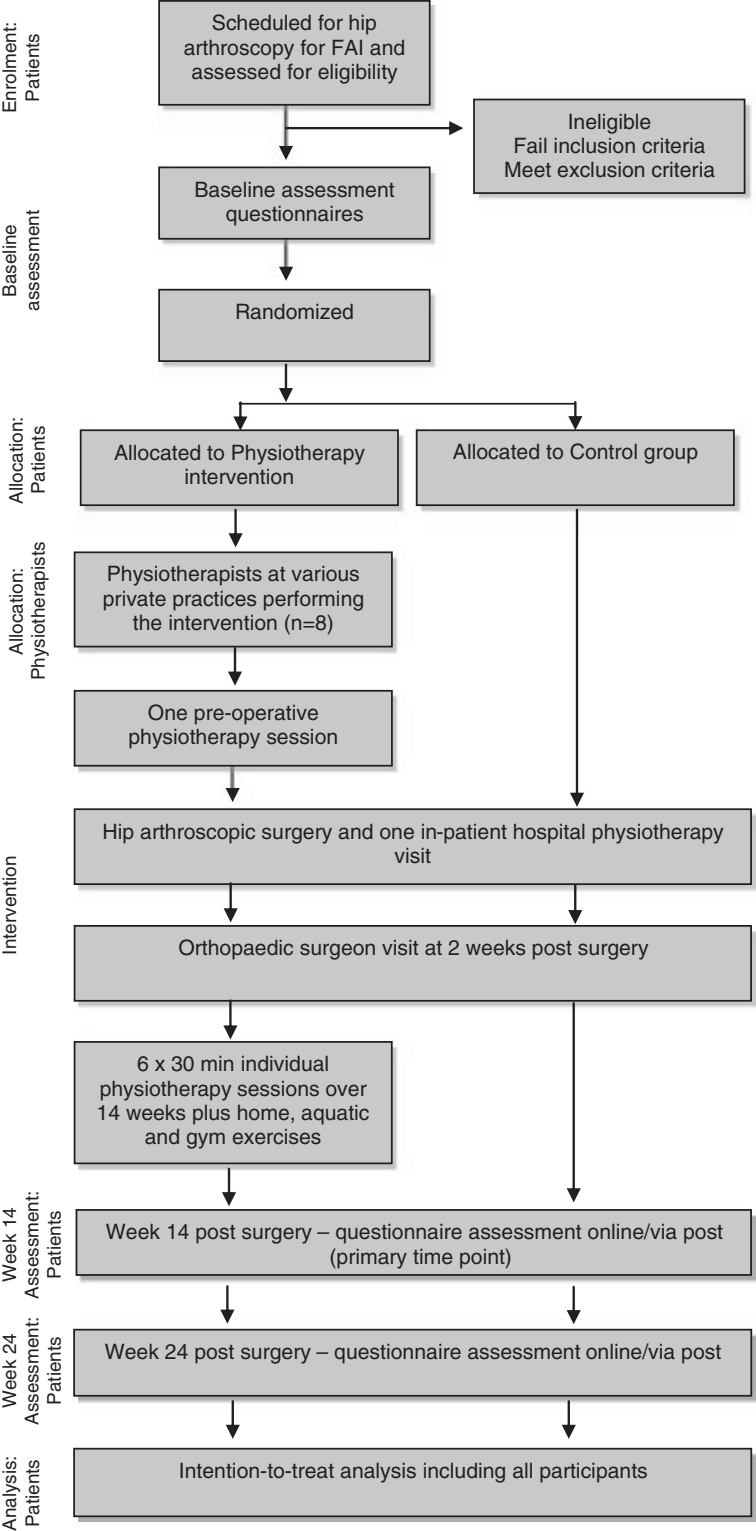
Enrolment: Patients
Scheduled for hip arthroscopy for FAI and assessed for eligibility
Ineligible
Fail inclusion criteria
Meet exclusion criteria
Baseline assessment
Baseline assessment questionnaires
Randomized
Allocation: Patients
Allocated to Physiotherapy intervention
Allocated to Control group
Allocation: Physiotherapists
Physiotherapists at various private practices performing the intervention (n=8)
One pre-operative physiotherapy session
Intervention
Hip arthroscopic surgery and one in-patient hospital physiotherapy visit
Orthopaedic surgeon visit at 2 weeks post surgery
6 x 30 min individual physiotherapy sessions over 14 weeks plus home, aquatic and gym exercises
Week 14 Assessment: Patients
Week 14 post surgery – questionnaire assessment online/via post (primary time point)
Week 24 Assessment: Patients
Week 24 post surgery – questionnaire assessment online/via post
Analysis: Patients
Intention-to-treat analysis including all participants