



Minnesota Orthopedic Sports Medicine Institute



## Hip Arthroscopy Procedure: Labral Repair & Boney Work

Christopher M. Larson, M.D.

### ROM Restrictions and Expectations:

<b>Flexion:</b> 0°-125° by day 15	<b>Extension:</b> 0° by wk 1 0° + after 15 days	<b>External Rotation</b> <i>Avoid extreme ER for 14 days</i>	<b>Internal Rotation</b> No limitations	<b>Abduction</b> 0° to 45 by 2 wks
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### Weight Bearing Restrictions:

**Toe touch WB 2 wks, progress to FB**  
 ➤ 20lbs max foot flat WB  
 ➤ 3 wks if older than 50 or osteopenic bone  
**If Microfracture toe touch WB 6 weeks**

If microfracture Hold activities in shaded boxes (  ) until 6wks in all phases

### Phase I (ROM and initial strengthening)

Date of Surgery:	Week	1	2	3	4	5	6
Stationary Bike up to 20 min. ➤ <b>Well member for day 1 to 4, progress per patient tolerance</b>	Daily	✓	✓	✓	✓		
Passive ROM / Circumduction ➤ <b>ER limitation see above</b>	Daily	✓	✓	✓	✓	✓	✓
Isometrics: 2x/day ➤ <b>Quads, Hams, Glute max</b>	Daily	✓	✓				
Soft Tissue Work/Scar Mobs	Daily	✓	✓				
Muscle Stretch: ➤ <b>Quad, Adductor, HS</b>	Daily	✓	✓				
Stomach Stretch ➤ Lie flat on stomach up to 15 min	Daily	✓	✓	✓	✓		
Quadruped Rocking ➤ Ok with labral repair	Daily	✓	✓				
<b>Start Phase II exercise if no microfracture</b>			✓				
<b>Start Phase III exercise if no microfracture</b>							

\*Start cardio at 4 weeks if glute strength is present, if microfracture wait until 8 weeks, see cardio recommendations on other side

### Phase II Stability

Phase II: Stability	Week	3	4	5	6	7	8	10
D/C crutches; start at 3 wks ➤ <b>non-antalgic gait</b>	Daily	✓	✓					
Hip Rotations with Stool	5x wk	✓	✓	✓				
Prone Hip Extensions	5x wk	✓	✓	✓				
Prone Hamstring Curls	5x wk	✓	✓	✓				
Standing Hip Abduction in IR	5x wk		✓	✓				
Pool Therapy	5x wk			✓	✓	✓	✓	✓
Bridging Progression	5x wk		✓	✓	✓	✓		
1/3 Knee Bends ➤ <b>2 legs</b>	5x wk			✓	✓	✓		
Butt Back Squat	5X wk		✓	✓	✓	✓	✓	
<b>Start Phase III exercise if no microfracture</b>			✓					

\*Begin to wean from crutches at 3 weeks, patient should use crutches until they have a normal gait pattern

\*If Microfracture hold 1/3 knee bend until wk 6

\*Start Phase III activities at 4 week post-op see reverse side

Phase IV and cardio/Functional Exercise on Reverse Side



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### Phase III (if microfracture hold all WB activities until wk 6)

Phase III: Functional Strengthening	Week	4	5	6	7	8	10	12	16
Leg Press	3x wk	✓	✓	✓	✓	✓			
Single Leg Balance	3x wk		✓	✓	✓	✓	✓		
Box step up	3x wk			✓	✓	✓	✓		
Bosu	3x wk			✓	✓	✓	✓	✓	
Single Knee Bends	3x wk			✓	✓	✓			
Lunges- forward 90	3x wk			✓	✓	✓	✓	✓	
Lateral Lunge	3x wk			✓	✓	✓	✓		
Lateral walk With squat and Band	3x wk			✓	✓	✓	✓		
Agility - Diagonal lateral agility	3x wk					✓	✓	✓	✓

### Phase IV

Phase IV: Return to Activity/ Sport	Week	16	20	24
Sport Specific Drills / TRAINING		✓	✓	✓

*\*Typically 4-6 months to return to sports, 1 yr for maximal recovery\**

*\*Microfracture can delay this recovery by 1-5 months\**

### Cardio/Functional Exercise

Cardio / Functional	Week	7	8	10	12	12-24
Outdoor Biking (Resisted Biking)	3x wk	✓	✓	✓	✓	✓
Elliptical Machine	3x wk		✓	✓	✓	✓
Functional Activity (hike, kick, throw)	3x wk			✓	✓	✓
Sport Specific Progressions	3x wk			✓	✓	✓

*\*Start cardio at 4 weeks if glute strength is present, if microfracture wait until 8 weeks*

 Excessive activity, including cardiovascular exercise, may lead to the return of anterior hip pain if ample core and glute strength is not present 