

## Hip Arthroscopy Labral Repair Rehabilitation Protocol

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***If microfracture hold activities marked with an O until 6 weeks for all phases***

### PHASE I:

Initial Pain Management; Allow for tissue healing; Initial strength and ROM within restrictions

EXERCISE	Week	1	2	3	4
Stationary Bike	Daily	X	X	X	X
Passive ROM/ Circumduction	Daily	X	X	X	X
Isometrics (quads, glutes, hamstring, TA, hip ABD/AD)	Daily	X	X		
Prone laying up to 15'	Daily	X	X	X	
Quadraped rocking/cat camel	Daily	X	X	X	
Uninvolved knee to chest stretch	Daily	X	X		
Bridging Progression	5X/WK			X	X
<b>MANUAL</b>					
PROM ( PROM ABD/ADD, circumduction in open pack)	prn	X	X	X	X
Soft Tissue (ITB, quads, glutes, adductors, low back)	prn	X	X	X	X

### PHASE II: Intermediate

Normalize gait through increased strength, ROM, and stability

EXERCISE	Week	4	5	6	7	8
Prone Hip Extension	5X/WK	X	X			
Prone Hip Hamstring Curls	5X/WK	X	X			
Prone Pendulum (ER/IR)	5X/WK	X	X	X		
Standing Hip Abduction in IR	5X/WK	X	X	X		
1/3 Knee Bends 2 legs	5X/WK	O	O	O		
Butt Back Squats	5X/WK	O	O	O		
Bridging Progression	5X/WK	O	O	O	X	
Pool Therapy ( if applicable)	5X/WK		O	O	X	
Leg Press	3X/WK	O	O	O	X	X
Box Step up Progression	3X/WK			O	X	X
Prone Planks	3X/WK		O	O	X	X
Side Planks	3X/WK	O	O	O	X	X
Single Leg Bridge	3X/WK		O	O	X	X
Single Leg Balance progression	3X/WK		O	O	X	X
Forward Lunge 90 DEG	3X/WK			O	X	X
CARDIO: ELIPTICAL	3X/WK			O	X	X

### PHASE III: Advanced

Restore muscular strength and endurance; cardiovascular health; increased stability

EXERCISE	Week	7	8	9	10	11	12
Lateral Lunge	3X/WK	X	X	X	X		
Forward Lunge 90 continued	3X/WK	X	X	X	X	X	X
Bosu Progression	3X/WK	X	X	X	X	X	X
Lateral walking with squat using band	3X/WK	X	X	X	X		
Single Leg Knee Bends ( start 1 wk after lunges)	3X/WK	X	X	X			
CARDIO: Outdoor Biking	3X/WK	X	X	X	X	X	X

#### MANUAL


#### ROM Restrictions

Flexion	90 degrees 10 days 120 degrees 3 weeks
Extension	> 0 degrees PROM
ABD	0 degrees 2 weeks 45 degrees 3 weeks
External Rotation	End range/pain
Internal Rotation	End range/pain

#### Weight Bearing Restrictions No weight bearing for 6 weeks if microfracture

	Week	1	2	3	4	5	6
Partial Weighbearing (up to 20 lbs)		X	X				
Partial Weightbearing (50-75%)				X	X		
Full Weightbearing (100%)						X	