



## Hip Arthroscopy Procedure: Labral Debridement

### Range of Motion Restrictions and Expectations:

|                                  |                                    |  |  |                                    |
|----------------------------------|------------------------------------|--|--|------------------------------------|
| <u>Flexion</u><br>No Limitations | <u>Extension</u><br>No Limitations | <u>External Rotation</u><br>No Limitations | <u>Internal Rotation</u><br>No Limitations | <u>Abduction</u><br>No Limitations |
|----------------------------------|------------------------------------|--|--|------------------------------------|

### Weight Bearing Restrictions:

Foot flat weight bearing 1<sup>st</sup> wk. Progress to full weight bearing after 1<sup>st</sup> wk.

- 20 lbs Max foot flat weight bearing

**If microfracture, toe touch weight bearing for 6 weeks.**

If microfracture, HOLD activities in shaded boxes  until 6 weeks in all phases

### Phase I: Immediate Rehabilitation

| Initial Exercises                           | Freq. | Week |   |   |   |   |
|---|-------|------|---|---|---|---|
|   |       | 1    | 2 | 3 | 4 | 5 |
| Ankle Pumps                                 |       | ✓    | ✓ |   |   |   |
| Gluteal, quad & hamstring isometrics        |       | ✓    | ✓ |   |   |   |
| Stationary biking w/minimal resistance      |       | ✓    | ✓ | ✓ |   |   |
| Passive ROM (emphasize IR)                  |       | ✓    | ✓ | ✓ | ✓ |   |
| Quadruped rocking                           |       |      | ✓ | ✓ |   |   |
| Heel sides                                  |       |      | ✓ | ✓ |   |   |
| Hip abductor/adductor isometrics            |       |      | ✓ | ✓ |   |   |
| Prone IR/ER (resisted)                      |       |      | ✓ | ✓ | ✓ | ✓ |
| 3-way leg raises (abd, add, ext)            |       |      | ✓ | ✓ | ✓ |   |
| Water jogging                               |       |      |   | ✓ | ✓ |   |
| Dbl leg bridges w/tubing                    |       |      |   | ✓ | ✓ |   |
| Kneeling hip flexor stretch                 |       |      |   | ✓ | ✓ |   |
| Leg press (limited weight)                  |       |      |   | ✓ | ✓ |   |
| Short lever hip flexion/straight leg raises |       |      |   |   | ✓ | ✓ |

#### Criteria for Progression to Phase II

- Minimal pain with all Phase I exercise
- ROM ≥75% of the uninvolved side
- Proper muscle firing patterns for initial exercises
- Do not progress to Phase II until full weight bearing is allowed

### Phase II: Intermediate Rehabilitation

| Intermediate Exercises                    | Freq. | Week |   |   |   |   |  |
|---|-------|------|---|---|---|---|--|
|   |       | 4    | 5 | 6 | 7 | 8 |  |
| Double 1/3 knee bends                     |       | ✓    | ✓ |   |   |   |  |
| Side supports                             |       | ✓    | ✓ |   |   |   |  |
| Stationary biking w/resistance            |       | ✓    | ✓ |   |   |   |  |
| Manual long axis distraction              |       |      | ✓ | ✓ |   |   |  |
| Manual A/P mobilizations                  |       |      | ✓ | ✓ |   |   |  |
| Dyna-disc (single leg stance)             |       |      | ✓ | ✓ |   |   |  |
| Advanced bridging (sing. leg, swiss ball) |       |      | ✓ | ✓ |   |   |  |
| Single leg cord rotation                  |       |      |   | ✓ | ✓ |   |  |
| Pilates skaters                           |       |      |   | ✓ | ✓ |   |  |
| Side stepping                             |       |      |   | ✓ | ✓ |   |  |
| Single knee bends (lateral step downs)    |       |      |   | ✓ | ✓ |   |  |
| Elliptical/Stairclimber                   |       |      |   | ✓ | ✓ |   |  |

#### Criteria for Progression to Phase III

- Full range of motion
- Pain-free/normal gait pattern
- Hip flexion strength >60% of the uninvolved side
- Hip add, abd, ext, IR, ER strength >70% of the uninvolved side



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### Phase III: Advanced Rehabilitation

| Advanced Exercises           | Freq. | Week |   |   |    |
|------------------------------|-------|------|---|---|----|
|                              |       | 6    | 7 | 8 | 12 |
| Lunges                       |       | ✓    | ✓ | ✓ |    |
| Water bounding/plyometrics   |       | ✓    | ✓ | ✓ |    |
| Side-to-side lateral agility |       | ✓    | ✓ | ✓ |    |
| Fwd/Bkwd running with cord   |       | ✓    | ✓ | ✓ |    |
| Running progression          |       | ✓    | ✓ | ✓ |    |
| Initial agility drills       |       | ✓    | ✓ | ✓ |    |

#### Criteria for Progression to Phase IV

- Hip flexion strength >70% of the uninvolved side
- Hip add, abd, ext, IR, ER strength >80% of the uninvolved side
- Cardio fitness equal to pre-injury level
- Demonstration of initial agility drills with proper body mechanics

### Phase IV: Return to Activity/Sport

| Sports-specific Training | Freq. | Week |    |    |    |    |
|--------------------------|-------|------|----|----|----|----|
|                          |       | 8    | 12 | 16 | 20 | 24 |
| Z-Cuts                   |       | ✓    | ✓  | ✓  | ✓  | ✓  |
| W-Cuts                   |       | ✓    | ✓  | ✓  | ✓  | ✓  |
| Cariocas                 |       | ✓    | ✓  | ✓  | ✓  | ✓  |
| Sports-specific drills   |       | ✓    | ✓  | ✓  | ✓  | ✓  |
| Functional testing       |       | ✓    | ✓  | ✓  | ✓  | ✓  |

#### Criteria for Full Return to Competition

- Full pain-free ROM
- Hip strength >85% of the uninvolved side
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test