

## **Hip Arthroscopy Procedure: Labral Debridement**

Range of Motion Restrictions and Expectations:

If microfracture, <u>HOLD</u> activities in shaded boxes in all phases

✓ until 6 weeks

Week

Week

## **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.

Initial Exercises	Freq.	1	2	3	4	5
Ankle Pumps		✓	✓			
Gluteal, quad & hamstring isometrics		✓	✓			
Stationary biking w/minimal resistance		✓	✓	✓		
Passive ROM (emphasize IR)		✓	✓	✓	✓	
Quadriped 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					✓	<b>✓</b>

## Phase II: Intermediate Rehabilitation

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Intermediate Exercises	Freq.	4	5	6	7	8
Double 1/3 knee bends		✓	<b>✓</b>			
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)				✓	✓	
Eliptical/Stairclimber				✓	<b>✓</b>	

Criteria for Progression to Phase II

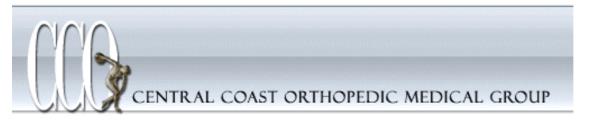
- Minimal pain with all Phase I exercise
- ROM ≥75% of the uninvolved side
- Proper muscle firing patterns for initial exercises
- Do not progress to Phase II until full weight bearing is allowed

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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(Page 2)

Week

Phase III: Advanced Rehabilitation Week

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

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.	8	12	16	20	24
Z-Cuts		✓	✓	✓	✓	<b>✓</b>
W-Cuts		✓	✓	✓	✓	✓
Cariocas		✓	✓	✓	✓	✓
Sports-specific drills		✓	✓	✓	✓	✓
Functional testing		✓	✓	✓	✓	<b>✓</b>

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