



CENTRAL COAST ORTHOPEDIC MEDICAL GROUP

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Hip Arthroscopy Procedure: Labral Debridement

Range of Motion Restrictions and Expectations:

Flexion	Extension	External Rotation	Internal Rotation	Abduction
No Limitations	No Limitations	No Limitations	No Limitations	No Limitations

Weight Bearing Restrictions:

Foot flat weight bearing 1st wk. Progress to full weight bearing after 1st 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 $\geq 75\%$ 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

Phase II: Intermediate Rehabilitation			Week				
Intermediate Exercises	Freq.	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