

Hip Arthroscopy Procedure: Labral Repair & Osteoplasty

until 6 weeks

Range of Motion Restrictions and Expectations:

Flexion Extension Gentle x 3wks External Rotation Gentle x 3wks Gentle x 3wks Rotation No Limitations Abduction Abduction Rotation No Limitations 425° x 3wks

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

Weight Bearing Restrictions:

Foot flat weight bearing x 4 wks.
Progress to full weight bearing after 4th

• 20 lbs Max foot flat weight bearing If microfracture, toe touch weight bearing for 6 weeks.

Phase I.	Immediate Rehabilitation	Week
riiase i.	IIIIIIEUIALE NEIIADIIILALIUII	week

	ook						
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					✓	✓	

Phase II: Intermediate Rehabilitation

Phase II: Intermediate Rehabilitation		Week						
Intermediate Exercises	Freq.	4	5	6	7	9		
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)				✓	✓			
Eliptical/Stairclimber				✓	✓			

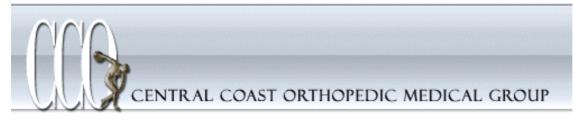
Criteria for Progression to Phase II

- 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

www.centralcoastortho.com



Hip Arthroscopy Procedure: Labral Repair & Osteoplasty

(Page 2)

Week

Week

Phase III: Advanced Rehabilitation

Advanced Exercises	Freq.	6	7	9	13
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.	9	13	17	21	25
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

** CAUTION **

In cases that involve significant shaving of the femoral neck, caution must also be taken to limit impact activities that may increase risk of femoral neck fracture during the first 8 weeks.

www.centralcoastortho.com