

# Central Coast Orthopedic Medical Group

## Hip Arthroscopy Rehabilitation Protocol

### Labral Repair - Osteoplasty - Capsular Closure

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#### Weight Bearing

- Weeks 0-2: Partial weight bearing (~20 lb foot-flat) with crutches
- Weeks 2-3: Weight bearing as tolerated with crutches
- Weeks 3-4: Wean off crutches once gait is normalized
- If microfracture performed: toe-touch weight bearing for 6 weeks

#### Capsular Protection / Range of Motion

- Avoid hip extension past neutral for first 4 weeks
- Avoid external rotation greater than 20 degrees for first 4 weeks
- Avoid combined hip extension and external rotation
- Limit hip flexion to less than 100 degrees for first 2 weeks
- Avoid long stride walking during first 4 weeks

#### Phase I - Immediate Rehabilitation (Weeks 0-4)

- Goals: protect labral repair and capsular closure
- Exercises: ankle pumps, quad/glute sets, posterior pelvic tilts, core activation
- Stationary bike without resistance
- Passive circumduction
- Progress to bridges, clamshells, side-lying hip abduction, pool walking
- Avoid straight leg raises and aggressive hip flexor work

#### Phase II - Intermediate Rehabilitation (Weeks 4-8)

- Normalize gait and restore hip strength
- Leg press (light), step-ups and step-downs
- Lateral band walks
- Single-leg balance work
- Romanian deadlifts (light)
- Elliptical or stationary bike with resistance

### **Phase III - Advanced Strengthening (Weeks 8-12)**

- Lunges and split squats
- Single-leg Romanian deadlifts
- Lateral slide board drills
- Agility ladder work
- Progress strengthening until hip strength at least 70 percent of contralateral side

### **Phase IV - Return to Running (Weeks 12-16)**

- Begin walk-to-jog progression
- Introduce light plyometrics
- Acceleration and deceleration drills
- Criteria: hip strength at least 80 percent of contralateral side

### **Phase V - Return to Sport (4-6 Months)**

- Full pain-free hip range of motion
- Hip strength at least 90 percent of contralateral side
- Completion of functional testing
- Ability to perform sport-specific drills at full speed without pain

### **Microfracture Modification**

- Toe-touch weight bearing for 6 weeks
- Delay running progression until approximately 4-5 months
- Avoid impact loading until cleared by surgeon

### **Femoral Neck Osteoplasty Precaution**

- If significant cam resection performed, avoid impact activities for the first 10-12 weeks