

Hip Labral Repair Protocol

Phase I - Post-op through 3 weeks

Goals:

- Protect integrity of the repaired labrum.
- Restore ROM within restrictions.
- Normalize gait pattern beginning with bilateral axillary crutches 50% weight bearing for 2 weeks. Progress to WBAT at 2 weeks. May then wean from crutches when pain free gait without limp.
- Prevent muscular inhibition gluteus medius and maximus.

Precautions:

- Limit hip flexion to 90 degrees for the first 2 weeks post-op then gradual progression as tolerated.
- **If microfracture maintain 20% WB for 6 weeks post-op with normal gait pattern.**
- Stress IR ROM greater than ER ROM, no aggressive ER stretching.
- **No SLR supine.**

Exercise program

Week 1

- ankle pumps, quad sets, glut sets.
- Heel slides
- Isometric hip Add bolster between knees.
- partial curl up.
- Standing hip ABD, EXT, marching to 90 degrees no resistance.
- Stationary bike low resistance 90 degrees hip flexion maximum.
- PROM emphasis on hip IR **in supine with 0 degrees hip flexion.**

Week 2

- Prone active hip IR/ER .
- Hip ABD isometrics.
- Standing hip IR with knee on stool.
- Supine hip ABD slides.
- Hip flexor, hamstring, and quad stretch. **Avoid any active hip flexor activity with hamstring stretch.**
- Progress core strengthening.
- Water walking chest deep if incisions are well healed. Standing hip march, ABD,EXT in water when available.
- Wall squats 30 degrees knee flexion.
- Heel lifts.

- Isometric terminal knee extension.
- Continue PROM emphasis on hip IR **in supine with 0 degrees hip flexion.**

Week 3

- Sidelying hip ABD/ER “clams”.
- Sidelying hip ABD and prone hip EXT AROM.
- Bridge with tubing at knees.
- Kneeling hip flexor stretch.
- Aquajogging when available.

Phase II Post-op Weeks 4-6

Goals:

- Restore full ROM.
- Increase strength.
- Normalize gait pattern.

Exercise program

- Progress closed chain strengthening.
- Leg press.
- Mini squats.
- Single leg balance.
- Forward step ups.
- Lateral step ups.
- continue to progress core strength i.e. plank.
- Swim with flutter kick.

Phase III Post-op Weeks 7-11

Goals:

- Restore cardiovascular endurance.
- Maximize strength, balance, proprioception.

Exercise Program

- Continue progressive strengthening.
- Side step with theraband resistance.
- Stairmaster.
- Lunges progressing to walking lunges.
- Aerobic stepping as tolerated at 10 weeks post-op.

Phase IV - Post-op Week 12

Before beginning Phase IV a 12 week functional test must be successfully completed (see attached).

Exercise Program

- Continue progressive hip strength and flexibility as above.
- Progression to a graduated running progression.
- Progression to a graduated double leg plyometric program uniplanar.

Phase V - Post-op week 16

Before beginning phase V a 16 week functional test must be successfully completed. (see attached).

- Continue progressive strength and flexibility.
- Continue progressive running
- Progressive agility work.
- Progress plyometrics to double leg multiplanar and single leg uniplanar.
- Return to sport progression.

Discharge formal physical therapy. Continue gym program. Return to sport at approximately 4 ½ to 5 months pending Physician release.