Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

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Dx: ☐ Right ☐ Left

Hip Labral repair/Osteoplasty Rehab Protocol

Date of Surgery: _____ Patient Name: _____

PT/OT: Please evaluate and treat. Follow attached protocol. 2-3 x per week x 6 weeks.

Signature/Date: _____

Phase I: Initial Exercises (0-4 weeks)

Goals:

Protect labral repair
Increase range of motion

Precautions:

No flexion > 90 degrees
Non-weight bearing 3 weeks (foot flat)

Post Op 0-7 Days:

Ankle pumps
Gluteal/Quad isometrics
Stationary bike – No resistance
Passive supine log roll
CPM as needed

Post Op 1-4 weeks:

Passive motion – especially internal rotation
Stationary bike – Low resistance
Standing hip IR – on a stool
Heel slides
Hip abductor/adductor isometrics

Phase 2: Intermediate Exercises (4-8 weeks)

Goals:

Increase strength

Precautions:

None

Physical Therapy and Suggested Exercises:

Prone resisted IR/ER
3 way leg raises (abd/add/ext)
Water walking / Alter G
Kneeling hip flexor stretch
Stationary bike – High resistance
Leg presses – low weight
Straight leg raises
Massage/Active release

Phase 3: Advanced Exercises (8-12 weeks)

Physical Therapy and Suggested Exercises:

Pilates
Lateral step downs
Elliptical/Stairclimber
Lunges
Plyometrics
Side to side lateral agility

Phase 4: Sport Specific Training (12-16 weeks)

Physical Therapy and Suggested Exercises:

Running progression
Agility drills
Cutting drills
Functional testing

	Week											
Phase I: Initial Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Ankle pumps	●	●										
Gluteal, quad, HS, T-ab isometrics	●	●										
Stationary biking with minimal resistance	●	●	●	●								
Passive ROM (emphasize IR)	●	●	●	●								
Piriformis stretch	●	●										
Passive supine hip roll (IR)	●	●										
Water walking	●	●	●	●								
Quadriped rocking		●	●									
Standing hip IR (stool)		●	●									
Heel slides		●	●									
Hip abd/add isometrics		●	●									
Uninvolved knee to chest		●	●									
Prone IR/ER (resisted)		●	●	●	●							
Sidelying clams			●	●								
3 way leg raises (abd, add, ext)			●	●								
Water jogging			●	●								
Dbl leg bridges w/tubing			●	●								
Kneeling hip flexer stretch				●	●							
Leg press (limited weight)				●	●							
Phase II: Intermediate exercises	1	2	3	4	5	6	7	9	13	17	21	25
Double 1/3 knee bends					●	●						
Side supports					●	●						
Stationary biking with resistance					●	●	●					
Swimming with fins					●	●	●					
Manual long axis distraction					●	●	●					
Manual A/P mobilizations					●	●	●					
Dyna-disc (single leg stance)						●	●	●				
Advanced bridging (single leg, swiss ball)						●	●	●				
Single leg cord rotation							●	●	●			
Pilates skaters							●	●	●			
Side stepping							●	●	●			
Single knee bends (lateral step downs)							●	●	●			
Elliptical / Stairclimber							●	●	●			
Phase III: Advanced Exercises	1	2	3	4	5	6	7	9	13	17	21	25
Lunges								●	●			
Water bounding / plyometrics								●	●			
Side to side lateral agility								●	●			
Fwd/Bkwd running with cord								●	●			
Running progression								●	●			
Initial agility drills								●	●			
Phase IV: Sports Specific Training	1	2	3	4	5	6	7	9	13	17	21	25
Z-Cuts									●	●	●	●
W-Cuts									●	●	●	●
Carlocas									●	●	●	●
Ghiardelli's									●	●	●	●
Sports specific drills									●	●	●	●
Functional testing									●	●	●	●