

## Hip Arthroscopy Labral Repair Protocol

- 0-4 weeks
- Touch-down weight bearing
  - Range of motion limited to 90 flexion, Abduction, Adduction to 30.
  - Do not push through pain, Maintain ROM restrictions, Maintain WB restrictions
  - Quad Sets, gluteal sets, hip isometrics, heel slides, Quadruped Rocking,
  - 3 way leg raises (abd, add, ext)
  - Cryotherapy
- 4-8 weeks
- No ballistic or forced stretching, cryotherapy as needed
  - Increase weight bearing by 25% each week
  - Increase ROM to tolerance
  - Continue above exercises as well as 1/3 partial squats, side bridges, stationary bike with resistance, bridges and pelvic stabilization, and stability exercises when gait normalized
- 8 weeks and beyond
- Lunges and lunges with trunk rotation, side lunges, progress with squats
  - Begin daily activity training or sport specific training
  - Begin agility drills if indicated by pre-injury activity level
  - Continue stationary bike, may begin elliptical or stair climber
  - Side to side lateral agility, side shuffles, forward / backward running as indicated