



## REHAB PROTOCOL HIP ARTHROSCOPY LABRAL REPAIR

**Weight bearing status:** (1/6 body-weight, Foot-flat) x 3 weeks, wean off slowly, avoid non-weightbearing (causes hip flexor tendonitis)

**Brace:** Hip Abduction brace x 3 weeks

**Restrictions:** Limit hip ER to 0, flexion to 70, Abd, Add to 0 for 2 weeks. Unlimited internal rotation.

**Additional Instructions:** Continue Hip pendulums.

- 1 time/wk for 1st month
- 2 times/wk for 2nd month
- 2-3 times/wk for 3rd month

### Phase 1 – Immediate Rehabilitation

#### Goals:

Protect the integrity of repaired tissue

Restore ROM within restriction limits

Diminish pain and inflammation

Prevent muscular inhibition

#### Precautions:

Do not push through hip flexor pain

ROM limits

Weight bearing restriction

#### Criteria for progression to Phase 2:

Minimal pain with all Phase 1 exercises

ROM > 85% of the uninvolved side

Proper muscle firing patterns for initial exercises



Do not progress to phase II until full weightbearing is allowed

### **Phase 2 – Intermediate Rehabilitation**

#### **Goals:**

Protect the integrity of repaired tissue

Restore full ROM

Restore normal gait pattern

Increase muscle strength

#### **Precautions:**

No ballistic or forced stretching

No treadmill use

Avoid hip flexor/joint inflammation

#### **Criteria for progression to Phase 3:**

Pain free and normal gait pattern

Full ROM

Hip flexion strength > 60% of uninvolved side

Hip Abduction, adduction, extension, IR, ER strength > 70% of uninvolved side

### **Phase 3 – Advanced Rehabilitation**

#### **Goals:**

Restoration of muscular endurance and strength

Restoration of cardiovascular endurance

Optimize neuromuscular control

#### **Precautions:**

No ballistic or forced stretching

No treadmill use



No contact activities

Avoid hip flexor/joint inflammation

Criteria for progression to Phase 4:

Cardiovascular endurance equal to pre-injury levels

Demonstration of initial agility drills with proper body mechanics

Hip flexion strength > 70% of uninvolved side

Hip Abduction, adduction, extension, IR, ER strength > 80% of uninvolved side

#### **Phase 4 – Sport Specific Training**

Goals:

Restoration of muscular strength > 85% of uninvolved side

Ability to perform sport-specific drills at full speed without pain

Full pain free ROM