



Hip Arthroscopy + Labral Repair Rehabilitation Guidelines

Week 0-2

- Bike for 20 minutes a day (2x/day is acceptable)
- Scar massage
- Hip PROM as tolerated
- Supine hip log rolling for rotation
- Bent knee fall outs
- Hip isometrics – NO FLEXION
 - ABD/ADD/EXT/ER/IR
- Pelvic tilts
- Supine bridges
- NMES to quads with SAQ
- Stool rotations (Hip AAROM, ER/IR)
- Quadruped rocking for hip flexion
- Sustained stretching for psoas with cryotherapy (2 pillows under hips)
- Gait training PWB with bilateral crutches
- Modalities

Week 2-4

- Continue with previous therapy
- Progress weight-bearing, wean off crutches
- Progress with hip ROM
 - External rotation with FABER
 - Prone hip rotations (ER/IR)
 - BAPS rotations in standing
- Glut/piriformis stretch
- Progress core strengthening (avoid hip flexor tendonitis)
- Progress with hip strengthening – isotonic all directions except flexion
 - Start isometric sub max pain free hip flexion (3-4 wks)
- Step downs
- Clam shells > isometric side-lying hip abduction
- Hip hiking (week 4)
- Begin proprioception/balance training
 - Balance boards, single leg stance
- Bike/Elliptical
- Scar massage
- Bilateral cable columb rotations
- Treadmill side stepping from level surface holding on > inclines (week 4)
- Aqua therapy in low end of water (no treading water)

Weeks 4-8

- Continue with previous therapy
- Progress with ROM
 - Hip Joint mobs with mobilization belt
 - Lateral and inferior with rotation
 - Prone posterior anterior glides with rotation
- Hip flexor and IT-band stretching – manual and self
- Progress strengthening LE
 - Introduce hip flexion isotonic (be aware of hip flexion tendonitis)
 - Multi-hip machine (open/closed chain)
 - Leg press (bilateral>unilateral)
 - Isokinetics: knee flexion/extension
- Progress core strengthening (avoid hip flexor tendonitis)
 - Prone/side planks
- Progress with proprioception/balance
 - Bilateral > unilateral > foam > dynadisc
- Progress cable column rotations – unilateral > foam
- Side-stepping with theraband
- Hip hiking on Stairmaster

Weeks 8-12

- Progressive hip ROM
- Progressive LE and core strengthening
- Endurance activities around the hip
- Dynamic balance activities

Weeks 12-16

- Progressive LE and core strengthening
- Plyometrics
- Treadmill running program
- Sports specific agility drills