

Hip Arthroscopy Labral Repair/Femoral Osteoplasty Rehabilitation Protocol

- I. Week 1
 - a. Flat Foot Weight Bearing x 2 weeks for osteoplasty and labral repair
 - i. Range of Motion: Limit hip flexion <90 degrees; Avoid external rotation and abduction beyond 20-30 degrees
 - ii. **Absolutely no traction or attempts at hip joint manipulations; this will tear apart labral and capsular repairs**
 - b. Wall Slides
 - c. Prone Hangs
 - d. Ankle Pumps
Quad sets + straight leg raises as tolerated
 - e. Hamstring sets
 - f. CPM: Goal of Hip (not Knee) flexion 30-70 degrees for 2 hours/day x 3 weeks
- II. Week 2
 - a. Weight bearing as tolerated and wean from crutches to normal gait pattern over next 2-4 weeks
 - b. Toe Raises/Heel raises
 - c. Bicycling with both legs with no resistance
 - d. Begin weight shifting to operative extremity w/no motion
 - e. Begin swimming pool gait therapy/walking after sutures removed & as availability allows
 - i. Active pain-free ROM in pool can be initiated at this time
 - ii. Jogging in aquatic vest as available
- III. Week 3
 - a. Progress weightbearing with goal to wean from crutches by Week 6
 - b. Progress range of motion (non labral repair)
 - c. Begin gentle stretching as tolerated; avoid forceful abduction/external rotation
 - d. Active Release Therapy (ART) of Hip Flexors/Adductors/Abductors as indicated
- IV. Week 4
 - a. Begin goal for full active range of motion as tolerated
 - b. Progress range of motion as tolerated (do not force abduction/external rotation)
 - i. Start with supported internal rotation followed by external rotation as tolerated
 - c. May start open chain knee extension and flexion activities as tolerated
 - d. ART: Hip Flexors/Adductors/Abductors as indicated
- V. Week 5
 - a. Treadmill 7% walk
 - b. Terminal 1/3 knee bends
 - c. Swimming with fins
 - d. Light resistance added to bicycling
 - e. ART: Hip Flexors/Adductors/Abductors as indicated
- VI. Week 6-8
 - a. Progress to full weightbearing as tolerated
 - b. Gait training to prevent Trendelenburg gait
 - c. Regain full terminal extension
 - d. Initiate elliptical trainer
 - e. ART: Hip Flexors/Adductors/Abductors as indicated
- VII. Week 8
 - a. Focus on open and closed chain proprioception training
 - b. Movement in all planes, to include rotary stability
 - c. Add rowing as tolerated
 - d. Forward and backward jogging
 - e. ART: Hip Flexors/Adductors/Abductors as indicated

- VIII. Week 12
 - a. Start weight bearing closed chain resistance training as tolerated
 - b. May start running as tolerated
 - c. ART: Hip Flexors/Adductors/Abductors as indicated
- IX. Week 16
 - a. Start sport specific activities as tolerated
 - b. Recovery can take 6-8 months to regain full function

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