



## Hip Arthroscopy Procedure: Labral Repair & Osteoplasty

### Range of Motion Restrictions and Expectations:

Flexion	Extension	External Rotation	Internal Rotation	Abduction
<90° x 10 days	Gentle x 3wks	Gentle x 3wks	No Limitations	<25° x 3wks

### Weight Bearing Restrictions:

Foot flat weight bearing x 4 wks.  
Progress to full weight bearing after 4th wk.

- 20 lbs Max foot flat weight bearing

***If microfracture, toe touch weight bearing for 6 weeks.***

If microfracture, **HOLD** activities in shaded boxes  until 6 weeks in all phases

### Phase I: Immediate Rehabilitation

Initial Exercises	Freq.	Week				
		1	2	3	4	5
Ankle Pumps		✓	✓			
Gluteal, quad & hamstring isometrics		✓	✓			
Stationary biking w/minimal resistance		✓	✓	✓		
Passive ROM (emphasize IR)		✓	✓	✓	✓	
Quadruped rocking			✓	✓		
Heel sides			✓	✓		
Hip abductor/adductor isometrics			✓	✓		
Prone IR/ER (resisted)			✓	✓	✓	✓
3-way leg raises (abd, add, ext)				✓	✓	
Water jogging				✓	✓	
Dbl leg bridges w/tubing				✓	✓	
Kneeling hip flexor stretch				✓	✓	
Leg press (limited weight)				✓	✓	
Short lever hip flexion/straight leg raises					✓	✓

#### Criteria for Progression to Phase II

- Minimal pain with all Phase I exercise
- ROM ≥75% of the uninvolved side
- Proper muscle firing patterns for initial exercises
- Do not progress to Phase II until full weight bearing is allowed

### Phase II: Intermediate Rehabilitation

Intermediate Exercises	Freq.	Week				
		4	5	6	7	9
Double 1/3 knee bends		✓	✓			
Side supports		✓	✓			
Stationary biking w/resistance		✓	✓			
Manual long axis distraction			✓	✓		
Manual A/P mobilizations			✓	✓		
Dyna-disc (single leg stance)			✓	✓		
Advanced bridging (sing. leg, swiss ball)			✓	✓		
Single leg cord rotation				✓	✓	
Pilates skaters				✓	✓	
Side stepping				✓	✓	
Single knee bends (lateral step downs)				✓	✓	
Elliptical/Stairclimber				✓	✓	

#### Criteria for Progression to Phase III

- Full range of motion
- Pain-free/normal gait pattern
- Hip flexion strength >60% of the uninvolved side
- Hip add, abd, ext, IR, ER strength >70% of the uninvolved side



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### Phase III: Advanced Rehabilitation

Week

Advanced Exercises	Freq.	6	7	9	13
Lunges			✓	✓	
Water bounding/plyometrics			✓	✓	
Side-to-side lateral agility			✓	✓	
Fwd/Bkwd running with cord			✓	✓	
Running progression			✓	✓	
Initial agility drills			✓	✓	

#### Criteria for Progression to Phase IV

- Hip flexion strength >70% of the uninvolved side
- Hip add, abd, ext, IR, ER strength >80% of the uninvolved side
- Cardio fitness equal to pre-injury level
- Demonstration of initial agility drills with proper body mechanics

### Phase IV: Return to Activity/Sport

Week

Sports-specific Training	Freq.	9	13	17	21	25
Z-Cuts		✓	✓	✓	✓	✓
W-Cuts		✓	✓	✓	✓	✓
Cariocas		✓	✓	✓	✓	✓
Sports-specific drills		✓	✓	✓	✓	✓
Functional testing		✓	✓	✓	✓	✓

#### Criteria for Full Return to Competition

- Full pain-free ROM
- Hip strength >85% of the uninvolved side
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test

#### \*\* CAUTION \*\*

In cases that involve significant shaving of the femoral neck, caution must also be taken to limit impact activities that may increase risk of femoral neck fracture during the first 8 weeks.