

Hip Arthroscopy/Labral Repair Rehab Protocol

Dr. Erickson

Time Frame	Treatment	Goals
Phase I (Day of surgery – 3 weeks after surgery)	<ul style="list-style-type: none"> • Precautions: <ul style="list-style-type: none"> ○ Ambulate with crutches ○ TTWB for 2 weeks, then wean off of crutches and advance to WBAT ○ Avoid exercises that engage the iliopsoas during the first several weeks after surgery <ul style="list-style-type: none"> ▪ Iliopsoas tendinitis is a known side effect after hip arthroscopy, but can be minimized by avoiding exercises that stress the iliopsoas. (Avoid straight leg raises, clam exercises and resisted hip flexion) ○ Avoid hyper-extension for 6 weeks ○ Avoid extremes of ROM • Suggested Exercise: <ul style="list-style-type: none"> ○ Quad and gluteal sets ○ Hip IR/ER isometrics ○ Bridging ○ Seated knee extension ○ Gentle prone hip internal rotation ○ Work on active and passive ROM from 0-90 degrees 	<ul style="list-style-type: none"> • Protect the repair • Limit weight bearing to toe touch weight bearing (TTWB) for first 2 weeks after surgery • Progression Criteria: 3 weeks after surgery
Phase II (3-8 weeks after surgery)	<ul style="list-style-type: none"> • Precautions: <ul style="list-style-type: none"> ○ No forced stretching ○ No impact activities ○ Be cautious with repetitive hip flexion activities such as treadmill and Stairmaster • Suggested Exercise: <ul style="list-style-type: none"> ○ Stationary bike ○ Standing hip abduction ○ Split squat ○ Single leg bridge ○ Side planks ○ ROM exercises 	<ul style="list-style-type: none"> • Normalize gait with WBAT • Single leg stance control • Can begin stretches such as hip ER/butterfly, standing hip flexor stretches, adductor stretches at 6 weeks post op • Progression Criteria: 8 weeks after surgery

<p>Phase III (8 weeks after surgery)</p>	<ul style="list-style-type: none">• Precautions:<ul style="list-style-type: none">○ Be cautious with forceful hip flexion activities such as kicking and sprinting○ Post activity soreness should resolve within 24 hours• Suggested Exercise:<ul style="list-style-type: none">○ Strengthening○ Balance○ Work in impact exercises gradually○ Work in sport specific activities based on progression	<ul style="list-style-type: none">• Improve muscular strength and endurance
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