



## REHABILITATION FOLLOWING HIP LABRAL REPAIR WITH INSTABILITY

### Precautions:

- Partial Weight Bearing (50%) six weeks with crutches
- X-Act ROM Brace for 2-6 weeks(per physician recommendation)
- Encourage but limit hip flexion to 90 deg
- Avoid external rotation for 6 weeks (bolster with pillow in bed)
- Avoid hip flexion strengthening for 6 weeks

### I. Phase I – Immediate Postoperative Phase Protective Phase (Day 1 to Week 6)

Goals: Gradually restore ROM & Flexibility  
Diminish pain and inflammation  
Restore muscular strength

#### Week 1 :

- Crutches to control weight bearing forces (**PWB 50% with crutches for 6 weeks**)
- Perform knee to chest stretch (easy & painfree- 5x hourly)
- Ankle pumps
- Gluteal sets
- Quad sets
- Heel slides AAROM
- AAROM Hip, PROM Hip & Knee
- Pelvic tilts
- Double leg bridges
- Prone positioning – Prone on elbows, prone knee flexion
- Stationary bike @ 3 days post-op
- Standing abduction, adduction, extension, without resistance
- Seated knee extensions
- UBE & upper body strengthening
- Pain dominant joint mobilizations (Grade I & II)

#### Week 2:

- Seated heel raises
- Supermans
- Stationary bicycle (high seat & minimal resistance) **flexion less than 90 deg**
- T-band on affected side (low resistance, no flexion)
- Isometric abduction
- Ankle pumps
- Joint mobilizations (Grades I & II)
- Pool walking (water up to axilla region) march steps, lateral steps, backward walking, mini-squats, heel raises

#### Week 3:

- Continue all exercises listed above
- Continue to perform AAROM & PROM exercises
- Straight leg raises – abd, add, ext
- Seated on stability ball (knee extensions, pelvic control exercises)

## II. **Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 4-6)**

Goals: Protect integrity of repaired labrum  
Restore ROM within precautions  
Diminish pain and inflammation  
Prevent muscular inhibition  
Normalize gait cont. 50% WB

Criteria for progression to Phase II

- 1) minimal pain with phase 1 exercise
- 2) 90 deg of pain-free flexion
- 3) Minimal ROM limitations with IR, extension and abduction
- 4) Normalized gait with crutches 50% WB

### **Weeks 4-5:**

- Gradually increase resistance on stationary bike
- Ant/post and med/lat weight shifts
- Pool program – flutter kick swimming, hip abd, add, ext with water weights
- Continue all ROM, flexibility & stretching exercises

### **Week 6:**

- Wean off crutches
- Clamshells
- PROM
  - ER 20 deg
  - Flexion 105 deg
- Manual PNF
- Superman in quadruped
- ¼ squats, mini wall squats
- Standing resisted hip abd, add, ext
- Single leg bridges
- Initiate elliptical
- Leg press

## III. **Phase III – Advanced Exercise Phase (Weeks 7-8)**

Goals: Protect integrity of repair  
Increase ROM  
Normalize gait without crutches  
Progressively increase muscle strength and endurance

Criteria to enter Phase III:

- 1) 105 deg flexion, 20 deg ER
- 2) Pain free normal gait
- 3) Hip flexion strength >60% of uninvolved side
- 4) Hip abduction, extension, IR and ER strength >70% of uninvolved side

### **Week 7:**

- Initiate hip flexion strengthening
- Continue all stretching & flexibility exercises
- Restore full PROM
- Single leg stance with perturbation
- Physioball hamstring lifts
- Knee extensions
- Sidestepping with sport cord
- BOSU squats

#### **Week 8:**

- Full squats
- Single leg bridges
- Step ups
- Lunge progression single plane → triplanar
- Forward/lateral cone walks with sport cords
- Single leg body squats

#### **IV. Phase IV – Return to Activity Phase (Weeks 9>)**

Goals: Restoration of muscular endurance/strength  
Restoration of cardiovascular endurance  
Optimize neuromuscular control/balance/proprioception  
Gradually increase demands on hip

#### Criteria to enter Phase IV:

- 1) Hip flexion strength >70% of the uninvolved side
- 2) Hip abduction, adduction, extension, IR and ER >80% of uninvolved side
- 3) Cardiovascular fitness equal to pre-injury level
- 4) Demonstration of initial agility drills with proper body mechanics
- 5) No pain or tenderness with functional drills &/or activities

#### **Weeks 9-11:**

- All phase 3 exercises
- Pool running → Treadmill (walk/run intervals)
- Functional agility drills
  - Backward running
  - Side slides
  - Fast feet drills
  - Cone step overs
- Plyometric double and single leg jumps

#### **Weeks 12+:**

- Running progression
- Sports specific drills
- Traditional weight training

#### **Criteria to Return to Competition:**

- Full painfree ROM & flexibility
- Hip strength equal to opposite side
- Single leg pick up with level pelvis
- Ability to perform sport specific drills at satisfactory level & without pain
- Satisfactory Clinical Exam
- Approval by Physician