

HIP ARTHROSCOPIC LABRAL REPAIR WITH FEMORAL OSTEOPLASTY

This protocol is a general outline. "As tolerated" refers to no increased sharp pain, swelling, or other undesirable factors. If any of these occur, decrease activity level and ice. Progression and return to sport may vary between individual patients, and will be guided by your provider's team (physician, physician assistant, athletic trainer, and therapist) input and appropriate testing.

WEEKS 0-4: HEALING PHASE

Weight-bearing:

- Touchdown weight bearing with crutches x 3 weeks

Range of Motion (ROM):

- Flexion 0-90
- No ADD past 0 degrees in flexion
- No IR past 0 degrees in flexion

Therapeutic Exercises:

- Glute, quad and hamstring isometrics
- Work on proper upright seated posture with hips at 90 degrees
- FABER stretching Week 2-4
- OKC knee flexion in prone
- Initiate Week 2
 - Hip IR/ER isometrics, pelvic tilts

Stationary Bike:

- Begin immediately

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy (ice), compression, e-stim

Precautions:

- Be aware of situations that may flex your knee past 90 degrees
 - ie. tying your shoes, picking something up off the floor

Progression Criteria:

- Full passive knee extension
- Minimal joint effusion

WEEKS 4-8: AGGRESSIVE HEALING PHASE

Range of Motion (ROM):

- Full AROM and PROM by Week 6

Therapeutic Exercises:

- Initiate CKC strengthening
 - Squat progress, step ups, etc.
- Progress core, glute, and hip strength
- Continue cardio
 - Bike, elliptical, stair climber

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy (ice), compression, e-stim

Progression Criteria:

- Full and pain free ROM
- Pain free, non-antalgic gait

WEEKS 8-12: STRENGTHENING PHASE

Therapeutic Exercises:

- Progress all previous strength and endurance exercises in all planes
- Initiate impact activities at Week 12
- Begin dynamic activities
 - This can progress to more sport specific skills (i.e. dribbling basketball, kicking soccer ball)

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy (ice), compression, e-stim

Progression Criteria:

- Good hip strength

- Demonstration of exercises with proper body mechanics

WEEK 12-RETURN TO SPORT

Initiate Impact Activities

- Progress walk→jog→run and other sport specific skills

Therapeutic Exercises:

- Continue sport specific skills and drills
- Continue to advance impact activities
- Work in proper gait pattern and body mechanics during running activities
- Work on proper form and body mechanics during dynamic activities