



# Hip Arthroscopy Procedure: Labral Debridement

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## ROM Restrictions and Expectations:

<b>Flexion:</b> No Limitations	<b>Extension:</b> No Limitations	<b>External Rotation</b> No Limitations	<b>Internal Rotation</b> No Limitations	<b>Abduction</b> No Limitations
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## Weight Bearing Restrictions:

**Foot flat WB 1 Wk, Progress to FWB after 1<sup>st</sup> week**  
 ➤ 20lbs max foot flat WB  
**If microfracture toe touch WB 6 wks**

If microfracture Hold activities in shaded boxes (  ) until 6wks in all phases

## Phase I (ROM and initial strengthening)

Date of Surgery:	Week	1	2	3	4	5	6
Stationary Bike up to 20 min. ➤ <b>Well member for day 1 to 3, progress per patient tolerance</b>	Daily	✓	✓	✓	✓		
Stomach Stretch ➤ Lie flat on stomach up to 15 min	2x/day	✓	✓	✓	✓		
Passive ROM / Circumduction ➤ <b>ER limitation see above</b>	Daily	✓	✓	✓	✓		
Soft Tissue Work/Scar Mobs	Daily	✓	✓				
Isometrics: 2x/day ➤ <i>Quads, Hams, Glute max</i>		✓	✓				
Muscle Stretch: ➤ <i>Quad, Adductor, HS</i>	Daily	✓	✓				
Quadruped Rocking ➤ Ok with labral repair	Daily	✓	✓				
D/C crutches; after 1 wk ➤ <b>non-antalgic gait</b>			✓				
<b>Start Phase II exercise</b>		✓					

\*Start cardio at 4 weeks if glute strength is present, if microfracture wait until 8 weeks, see cardio recommendations on other side

## Phase II Stability

Phase II: Stability	Week	1	2	3	4	5	6	7	8	10
Hip Rotations with Stool	5x wk	✓	✓	✓						
Single leg balance	3x wk		✓	✓	✓	✓				
Prone Hip Extensions	5x wk		✓	✓	✓	✓				
Prone Hamstring Curls	5x wk		✓	✓	✓	✓				
Pool Therapy	5x wk			✓	✓	✓	✓	✓	✓	✓
Bridging Progression	5x wk			✓	✓	✓	✓			
Butt Back Squat	5X wk			✓	✓	✓	✓	✓		
1/3 Knee Bends ➤ 2 legs	5x wk			✓	✓					
<b>Start Phase III activities</b>				✓						

\*Begin to wean from crutches at the end of week 1. Patient should use crutches until they have a normal gait pattern. Crutches are for comfort and to avoid pain flare ups.

\*Start Phase III activities at 3 weeks post-op see reverse side

Phase IV and cardio/Functional Exercise on Reverse Side



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## Phase III

Phase III: Functional Strengthening	Week	3	4	5	6	7	8	10
Leg Press	3x wk	✓	✓	✓	✓	✓	✓	
Single Leg Balance	3x wk	✓	✓	✓	✓	✓	✓	
Lateral Lunge	3x wk	✓	✓	✓	✓			
Bosu	3x wk		✓	✓	✓	✓	✓	
Single Knee Bends	3x wk		✓	✓	✓	✓	✓	
Lunges- forward 90	3x wk			✓	✓	✓	✓	✓
Lateral walk With squat and Band	3x wk			✓	✓	✓	✓	✓
Box step up	3x wk			✓	✓	✓	✓	✓
Lateral Agility - Diagonal lateral agility	3x wk				✓	✓	✓	✓

## Phase IV

Phase IV: Return to Activity/ Sport	Week	16	20	24
Sport Specific Drills / TRAINING		✓	✓	✓

*\* May begin earlier if pain free and there is functional return of core stability and strength*

## Cardio/Functional Exercise

Cardio / Functional		7	8	10	12	16	20	24
Outdoor Biking (or Resisted Biking)	3x wk	✓	✓	✓	✓			
Elliptical Machine	3x wk		✓	✓	✓			
Functional Activity (hike, kick, throw)	3x wk			✓	✓	✓		
Sport Specific Progressions	3x wk			✓	✓	✓	✓	✓

**Excessive activity, including cardiovascular exercise, may lead to the return of anterior hip pain if ample core and glute strength is not present**