Hip labral repair with femoroplasty



Phase I: Acute Phase

Weeks 1-4

Goals

- Control pain and inflammation
- Neutralize muscle atrophy
- Protect repair
- Promote range of motion (ROM) within limitations

Precautions

- Touch-down weight-bearing (20 to 30 pounds)
- ROM limitations
 - Hip flexion: 90 degrees
 - External rotation: 20 degrees
 - Abduction: 30 degrees
- Avoid stressing hip flexors

Suggested excercises



Glute sets



Hamstring sets



Quad sets



Isometric hip adduction



Supine bridging

Other excercises to add:

- Isometric hip abduction
- Heel slides
- Transverse abdominis activation
- Ankle pumps

May add bike within ROM limitations and no resistance for cardio



Hamstring curls



Standing hip abduction



Standing hip extension



Standing hip flexion



Standing hip adduction

Week 2: Suggested excercises



Resisted hip adduction



Resisted hip extension



Resisted hip flexion



Resisted hip abduction

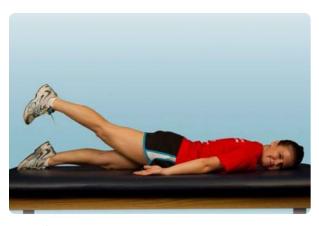


Seated marching

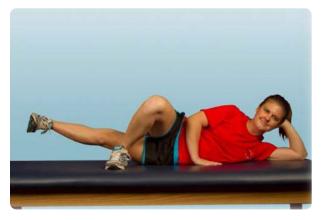
Week 3: Suggested excercises



Side-lying hip abduction



Prone hip extension



Side-lying hip adduction

Joint mobilizations



- Long axis distraction may be performed for pain management
- Circumduction may be performed to prevent adhesions

Phase II: Controlled Stability Phase

Weeks 5-6

Goals

- Increase ROM
- Normalize gait
- Increase strength
- Initiate proprioceptive exercises

Precautions

• Progress to full weight-bearing (FWB)

Suggested excercises



Side-lying clams



Single-leg bridging



Mini squats



Calf raises



Supine bridging with ball

Other excercises to add:

- Leg press
- Single-leg stance
- Wall sits
- Quadruped rocking
- Bike or elliptical for cardio



Supine bridging with ball 2

Joint mobilizations



• Perform Grade III and IV joint mobilizations as needed to normalize ROM

Phase III: Continued Strengthening Phase

Weeks 7-11

Goals

- Functional progression of strength and endurance
- Optimize neuromuscular and proprioceptive control
- Improve cardiovascular endurance

Precautions

• Progress within pain tolerance

Suggested excercises



Lunges

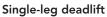


Monster walks



Single-leg squats







Resisted side-lying clams



Full squats

Phase IV: Return-to-Sport Phase

Weeks 12-16

Goals

• Functional progression of strength and proprioception

Precautions

- Patient ambulates with normalized gait
- Patient performs single-leg squat without trendelenburg, dynamic knee valgus or pain
- Patient demonstrates full pain free ROM

Suggested excercises

- Agility drills
- Plyometrics
- Sport-specific training
- Running progression

Discharge criteria:

- Run with non-antalgic gait and no trendelenberg
- Cutting and agility drills performed with proper form and no hesitation on involved side
- Physician clearance