



# Advanced Orthopedic Specialists

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## Hip Labral Repair Protocol

<b>Weight Bearing :</b>	<b>Phase I: Initial Exercise (wks 1-4)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>10</b>	<b>12</b>
<b>PWB as instructed by surgeon</b>	Ankle Pumps	•	•	•	•						
	Gluteal, quad, hamstring isometrics	•	•	•	•						
	Passive ROM (gentle rotation, circumduction, and prone lying)	•	•	•	•						
<b>ROM LIMITS:</b>	Heel Slides	•	•	•	•						
	Uninvolved knee to chest	•	•	•	•						
	Stationary biking with no to min resistance	•	•	•	•						
	Hip abd isometrics	•	•	•	•						
<b>Flex: 90° x 10 days to 2 weeks</b>	Prone IR/ER gravity assisted ROM		•	•	•						
	Passive supine hip roll (IR/ER)		•	•	•						
	Mini Squats		•	•	•						
	Two leg bridging		•	•	•						
<b>Ext: 10° x 10 days to 2 weeks</b>	Bilateral Leg Press		•	•	•						
	3 way leg raises (abd, add, ext)		•	•	•						
	Manual long axis traction (Gr 1)			•	•						
	Planks begin with modified and progress			•	•						
<b>Abd: 25° x 10 days to 2 weeks</b>	Elliptical/Stair climber			•	•						
	Treadmill Walking-no incline				•						
	Stationary Biking with resistance				•						
	Lunges (mini <50 degrees)				•						
<b>ER: Gentle for 6 weeks</b>	Wall sits with abductor band				•						
	Side stepping with abductor band				•						
	Non-competitive freestyle swim (no ER kicks)				•						
	Phase II: Intermediate Exercise (wks 5-7) *Continue w. appropriate Phase I exercises	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>10</b>	<b>12</b>
<b>NO FORCED ROTATION STRETCHING</b>	Manual A/P mobilizations					•	•	•			
	Kneeling hip flexor stretch					•	•	•			
	Involved knee to chest stretch						•	•			
	Piriformis Stretch						•	•			
	Seated resisted IR/ER						•	•			
	Single-leg bridging						•	•			
	Treadmill-progress to running						•	•			
	Fwd/Bkwd/Side walking with cord						•	•			
	Phase III: Advanced Exercise (wks 8-12) *Continue w. appropriate Phase II exercises	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>12</b>
	Standing resisted hip ER							•	•	•	•
Lunges w. trunk rotations							•	•	•	•	
Core ball stabilization progression							•	•	•	•	
Treadmill running progression							•	•	•	•	
Water Treading							•	•	•	•	
Agility drills-single plane								•	•	•	
Sports specific drills								•	•	•	
Golf Progression								•	•	•	

