
Hip Labral Repair

Name: _____ Date: ____ / ____ / ____

Key Considerations

- Weight bearing restrictions: TDWB/FFWB for four weeks with a gradual return to full weight bearing
- Range of motion (ROM) restrictions:
 - No flexion past 90 degrees for first 10 days
 - Gentle external rotation (ER) and extension for three weeks
 - No internal rotation (IR) restrictions

Phase I: Initial Exercise (Weeks 0 to 4)

Goals

- Protect repaired tissue
- Restore ROM within restriction limitations
- Decrease pain and prevent muscular inhibition

Specific Exercises

- Week 1 to 2
 - Ankle pumps
 - Isometrics: gluteal, quad, hamstrings, abduction, TA contractions
 - Stationary biking with minimal resistance
 - Water walking
 - Passive ROM: heel slides, quadruped rocking, passive supine hip roll (IR)
 - Stretches: piriformis, uninvolved knee to chest, prone quad stretch
- Week 3 to 4
 - ROM: kneeling hip flexor stretch
 - Strengthening: prone resisted IR/ER, straight leg raises double leg bridges, leg press, water jogging

Prior to Progressing into Phase II:

- Pain less than 2 out of 10 with Phase I activities
- Pain free full weight bearing
- ROM approximately 75 percent of uninvolved side
- Independent activation/co-contraction of gluteals, quads, hamstrings

Phase II: Intermediate Exercise (Weeks 5 to 8)

Goals

- Restore full ROM
- Restore normal gait pattern
- Increase muscular strength and endurance

Specific Exercises

- Weeks 5 to 6
 - Strength: Mini squats, progressions of phase I activities
 - Aerobic: Stationary biking with resistance, swimming

- Manual therapy (week five): long axis traction, AP mobs
- Balance/gait training: weight shifts and single leg stance
- Weeks 7 to 8
 - Strength: squats, partial single leg squats, step downs, lumbopelvic stabilization, advanced bridging, side steps
 - Aerobic: elliptical, StairMaster
 - Balance: single leg stance on unstable surface/with UE manipulation

Prior to Progressing into Phase III

- Pain free with all ADL's
- Full ROM
- Normal gait pattern while walking
- Hip flexion 60 percent of uninvolved side
- Hip add, abd, ER and IR 80 percent of uninvolved side

Phase III: Advanced Exercise (Weeks 9 to 12)

Goals

- Restore muscular endurance and strength
- Restore cardiovascular endurance
- Optimize neuromuscular control for return to sports/activities

Precautions

- Avoid increased pain with activities
- No contact activities
- No treadmill use
- No forced stretching/strengthening exercises

Specific Exercises

- Lunges
- Water plyometrics
- Sport cord training: lateral agility, single leg squats, forward and backward running
- Start running progression and light agility drills

Prior to Progressing into Phase IV

- Pain free with all ADLs and progression of exercise activities
- Hip strength equal to uninvolved leg
- Good mechanics with initial agility program

Phase IV: Sport Specific Training (Week 13 and Beyond)

Goals

- Restore full muscular endurance and strength for sport specific activities
- Optimize neuromuscular control for sport specific activities

Specific Exercises

- Agility drills: sagittal → frontal → transverse
- Plyometrics: sagittal → frontal → transverse
- Continue running progression

Prior to Return to Sport

- Pain free
- Symmetrical ROM and MMT
- No muscular endurance deficits
- Pass functional testing (sport cord, Y balance, triple hop, sport specific)