

Labral Debridement

Name: _____ Date: ____/____/____

	Phase I: Initial Exercise												
	1	2	3	4	5	6	7	9	13	17	21	25	
Weight Bearing: FFWB x _____ (Foot flat = 20 lbs.) CPM: _____ Bledsoe Brace: • 0 to 90 degrees for 10 days • Lie prone 1 to 2 hours a night ROM Limits: • Flex: 90 degrees 10 times a days • Ext: no limits • Abd: no limits • ER: no limits • IR: no limits Modalities: • Begin scar mobilization day 1, massage, active release technique. • E-stim as needed starting week 3. Time Lines: Week 1 (1-7POD)	Ankle Pumps	•	•										
	Gluteal, quad, HS, T-ab isometrics	•	•										
	Stationary biking with minimal resistance	•	•										
	Passive ROM (emphasize IR and circumduction)	•	•	•	•								
	Piriformus stretch	•	•										
	Passive supine hip roll (IR)	•	•										
	Water walking	•	•										
	Quadruped rocking	•	•										
	Standing hip IR (stool)	•	•										
	Heel slides	•	•										
	Hip abd isometrics	•	•										
	Uninvolved knee to chest	•	•										
	Prone IR/ER (resisted)	•	•										
	Two-way leg raises (abd, ext)		•	•									
	Water jogging		•	•									
	Double leg bridges with tubing		•	•									
	Kneeling hip flexor stretch		•	•									
	Leg press (limited weight)		•	•									
	Phase II: Intermediate Exercise												
	Double 1/3 knee bends			•	•								
Side supports			•	•									
Stationary biking with resistance/ outdoor biking			•	•									
Swimming			•	•									
Manual long axis distraction			•	•									
Manual A/P mobilizations			•	•									
Dyna-disc (single leg stance)			•	•									
Advanced bridging (single leg, swiss ball)			•	•									
Single leg cord rotation			•	•									

Phase II: Intermediate Exercise (continued)	1	2	3	4	5	6	7	9	13	17	21	25
Pilates skaters				•	•							
Side stepping				•	•							
Single knee bends (lateral step downs)				•	•							
Elliptical/stairclimber				•	•							
Phase III: Advanced Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Lunges				•	•							
Water bounding/plyometrics				•	•							
Side to side lateral agility				•	•							
Forward/backward running with cord				•	•							
Running progression				•	•							
Initial agility drills				•	•							
Phase IV: Sports Specific Training	1	2	3	4	5	6	7	9	13	17	21	25
Z-Cuts/W-Cuts					•	•						
Cariocas/Ghiardelli's					•	•						
Sports specific drills					•	•						
Functional testing					•	•						