

Hip Arthroscopy Labral Repair

NWB for ____ weeks

Week 4-6

- Abduction to 25 degrees
- Flexion to 90 degrees
- External rotation to 25 degrees
- Log roll internal rotation as tolerated
- Begin stationary bike with minimal hip flexion
- Strengthening core stabilizers
- Isometrics gluteals, quads, hamstrings, and transverse abdominals
- Active internal rotation with hip at neutral

Week 6-9

- Begin working on full range of motion
- Quadraped rocking, side lying clams, bridging, 3-way leg raises, short lever hip flexion
- One third squats, double leg cord rotations

Week 9-12

- Straight leg raises
- Advanced strengthening and proprioceptive exercises, emphasize rotation and lateral movement
- Dyna disc single leg
- Advanced bridging and side bridging
- Side step and single leg rotation with cord
- Single knee bends, lunges, single leg windmills
- Elliptical and stair stepper

Week 12

Sport specific exercise