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Sports Medicine, Hip, Knee, and Shoulder Surgery

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Hip Arthroscopy with Labral Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none">● Protect Repair● Minimize pain and swelling● Begin PT 3-4 days after surgery● Work on normalizing gait	Crutch use 50% partial weightbearing for 4 weeks	<ul style="list-style-type: none">● Limit hip flexion to 90 degrees● Avoid excessive internal and external rotation● Seated knee extension● Prone knee flexion Modalities: <ul style="list-style-type: none">● Compression● Edema control● Avoid sleeping directly on hip● Sleep with pillow between legs● Ice multiple times per day	<ul style="list-style-type: none">● Quad, glute, hamstring sets, adductor and abductor isometrics● Hip joint mobilization● Heel slides● Pelvic tilts● Double legged supine bridge● high seat low resistance bike
Phase 2 (2-6 weeks) Goals: <ul style="list-style-type: none">● Protect repair● Increase ROM● Transition off crutches starting week 4● Normalize gait● Progressive increase of muscle strength	<ul style="list-style-type: none">● Wean crutches starting at week 4● Start with single crutch on opposite side from operative● Transition off crutches when comfortable and no limp● May need crutches with longer distances	<ul style="list-style-type: none">● Progressive hip ROM● No external rotation > 20 degrees● No hip flexion >105 degrees Modalities: <ul style="list-style-type: none">● Gentle Massage● Ice multiple times per day	<ul style="list-style-type: none">● Deep tissue mobilization hip, pelvis, and spine● Progress core strengthening● Hip flexor activation (but minimal active/resisted hip flexion)● Clam shells● Single-leg bridges● Leg press with minimal resistance● ¼ mini squats (after full weightbearing)● Quadruped superman● Standing 4-way hip with low resistance● Aqua therapy, if available, once portals heal

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<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">● Protect Repair● Normalize motion, strength, and gait● Improve endurance and conditioning● Improve balance and proprioception	<p>Completely wean off crutches if not done already</p>	<ul style="list-style-type: none">● No more range-of-motion restrictions● Focus on symmetry compared to unaffected side● Stationary bike – lower seat to allow increased hip flexion	<ul style="list-style-type: none">● Continue joint mobilization● Increase resistance with active exercises● Clamshells with theraband● Sidelying planks● Physioball hamstring● Side-stepping with resistance● Lunges● Neuromuscular training to include core stabilization, single leg squats, and side-steps● Begin elliptical and treadmill with minimal resistance and speed
<p>Phase 4 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">● Full active and passive hip ROM● Normalize function● Begin sport specific training● Prepare for return to activity	<p>Full ambulation without crutchees</p>	<ul style="list-style-type: none">● Full active and passive ROM● Focus on hip strengthening and proprioceptive training	<ul style="list-style-type: none">● Continue as above● Introduce low-impact plyometrics● Increase resistance and duration on bike and elliptical● Swimming as tolerated● Sport specific agility drills● Traditional weight-training● Start running progression

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Requirements for full return to sports and activities:

- Full pain-free range of motion symmetrical to opposite side
- Symmetric hip strength
- Stable pelvis with activities
- Ability to perform sport-specific drill at full speed without pain