



# WAYPOINT

## ORTHOPAEDIC ASSOCIATES

Dx:  Right  Left      HIP LABRAL REPAIR/OSTEOPLASTY REHAB PROTOCOL

Date of Surgery: \_\_\_\_\_ Patient Name: \_\_\_\_\_

PT/OT: Please evaluate and treat. Follow attached protocol. 2-3 x per week x 6 weeks.

Signature/Date: \_\_\_\_\_

### **Phase I: Initial Exercises (0-4 weeks)**

#### **Goals:**

Protect labral repair  
Increase range of motion

#### **Precautions:**

No flexion > 90 degrees  
Non-weight bearing 3 weeks (foot flat)

#### **Post Op 0-7 Days:**

Ankle pumps  
Gluteal/Quad isometrics  
Stationary bike – No resistance  
Passive supine log roll  
CPM as needed

#### **Post Op 1-4 weeks:**

Passive motion – especially internal rotation  
Stationary bike – Low resistance  
Standing hip IR – on a stool  
Heel slides  
Hip abductor/adductor isometrics

## **Phase 2: Intermediate Exercises (4-8 weeks)**

### **Goals:**

Increase strength

### **Precautions:**

None

### **Physical Therapy and Suggested Exercises:**

Prone resisted IR/ER  
3 way leg raises (abd/add/ext)  
Water walking / Alter G  
Kneeling hip flexor stretch  
Stationary bike – High resistance  
Leg presses – low weight  
Straight leg raises  
Massage/Active release

## **Phase 3: Advanced Exercises (8-12 weeks)**

### **Physical Therapy and Suggested Exercises:**

Pilates  
Lateral step downs  
Elliptical/Stairclimber  
Lunges  
Plyometrics  
Side to side lateral agility

## **Phase 4: Sport Specific Training (12-16 weeks)**

### **Physical Therapy and Suggested Exercises:**

Running progression  
Agility drills  
Cutting drills  
Functional testing

**Week**

| <b>Phase I: Initial Exercise</b>           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |
|--|---|---|---|---|---|---|---|---|----|----|----|----|
| Ankle pumps                                | ● | ● |   |   |   |   |   |   |    |    |    |    |
| Gluteal, quad, HS, T-ab isometrics         | ● | ● |   |   |   |   |   |   |    |    |    |    |
| Stationary biking with minimal resistance  | ● | ● | ● | ● |   |   |   |   |    |    |    |    |
| Passive ROM (emphasize IR)                 | ● | ● | ● | ● |   |   |   |   |    |    |    |    |
| Piriformis stretch                         | ● | ● |   |   |   |   |   |   |    |    |    |    |
| Passive supine hip roll (IR)               | ● | ● |   |   |   |   |   |   |    |    |    |    |
| Water walking                              | ● | ● | ● | ● |   |   |   |   |    |    |    |    |
| Quadripped rocking                         |   | ● | ● |   |   |   |   |   |    |    |    |    |
| Standing hip IR (stool)                    |   | ● | ● |   |   |   |   |   |    |    |    |    |
| Heel slides                                |   | ● | ● |   |   |   |   |   |    |    |    |    |
| Hip abd/add isometrics                     |   | ● | ● |   |   |   |   |   |    |    |    |    |
| Uninvolved knee to chest                   |   | ● | ● |   |   |   |   |   |    |    |    |    |
| Prone IR/ER (resisted)                     |   | ● | ● | ● | ● |   |   |   |    |    |    |    |
| Sidelying clams                            |   |   | ● | ● |   |   |   |   |    |    |    |    |
| 3 way leg raises (abd, add, ext)           |   |   | ● | ● |   |   |   |   |    |    |    |    |
| Water jogging                              |   |   | ● | ● |   |   |   |   |    |    |    |    |
| Dbl leg bridges w/tubing                   |   |   | ● | ● |   |   |   |   |    |    |    |    |
| Kneeling hip flexer stretch                |   |   |   | ● | ● |   |   |   |    |    |    |    |
| Leg press (limited weight)                 |   |   |   | ● | ● |   |   |   |    |    |    |    |
| <b>Phase II: Intermediate exercises</b>    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |
| Double 1/3 knee bends                      |   |   |   |   | ● | ● |   |   |    |    |    |    |
| Side supports                              |   |   |   |   | ● | ● |   |   |    |    |    |    |
| Stationary biking with resistance          |   |   |   |   | ● | ● | ● |   |    |    |    |    |
| Swimming with fins                         |   |   |   |   | ● | ● | ● |   |    |    |    |    |
| Manual long axis distraction               |   |   |   |   | ● | ● | ● |   |    |    |    |    |
| Manual A/P mobilizations                   |   |   |   |   | ● | ● | ● |   |    |    |    |    |
| Dyna-disc (single leg stance)              |   |   |   |   |   | ● | ● | ● |    |    |    |    |
| Advanced bridging (single leg, swiss ball) |   |   |   |   |   | ● | ● | ● |    |    |    |    |
| Single leg cord rotation                   |   |   |   |   |   |   | ● | ● | ●  |    |    |    |
| Pilates skaters                            |   |   |   |   |   |   | ● | ● | ●  |    |    |    |
| Side stepping                              |   |   |   |   |   |   | ● | ● | ●  |    |    |    |
| Single knee bends (lateral step downs)     |   |   |   |   |   |   | ● | ● | ●  |    |    |    |
| Elliptical / Stairclimber                  |   |   |   |   |   |   | ● | ● | ●  |    |    |    |
| <b>Phase III: Advanced Exercises</b>       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |
| Lunges                                     |   |   |   |   |   |   |   | ● | ●  |    |    |    |
| Water bounding / plyometrics               |   |   |   |   |   |   |   | ● | ●  |    |    |    |
| Side to side lateral agility               |   |   |   |   |   |   |   | ● | ●  |    |    |    |
| Fwd/Bkwd running with cord                 |   |   |   |   |   |   |   | ● | ●  |    |    |    |
| Running progression                        |   |   |   |   |   |   |   | ● | ●  |    |    |    |
| Initial agility drills                     |   |   |   |   |   |   |   | ● | ●  |    |    |    |
| <b>Phase IV: Sports Specific Training</b>  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 9 | 13 | 17 | 21 | 25 |
| Z-Cuts                                     |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  |
| W-Cuts                                     |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  |
| Carlocas                                   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  |
| Ghiardelli's                               |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  |
| Sports specific drills                     |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  |
| Functional testing                         |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  |