

HIP ARTHROSCOPY PROTOCOL - LABRAL RESECTION

Phase I: 0-4 weeks	Immediate post-operative phase
Goals	<ul style="list-style-type: none"> • Protect integrity of repaired tissue • Restore ROM within restrictions • Diminish pain and inflammation • Prevent muscular inhibition
ROM	<ul style="list-style-type: none"> • Flex 90 x 10 days; Ext, Abd, IR, ER no limits
WB	<ul style="list-style-type: none"> • Labral Resection: PWB (≤50%) x 10 days
Modalities	<ul style="list-style-type: none"> • Cryotherapy • IFC for pain/effusion if needed
<p>Treatment Recommendations</p> <p>Guidelines for progression based on tolerance</p> <p>Criteria for progression to Phase 2:</p> <ul style="list-style-type: none"> • Minimal pain with all phase I exercises • ROM ≥75% of uninvolved side • Proper muscle firing patterns for initial exercises 	<p>Precautions:</p> <ul style="list-style-type: none"> ○ Do not push through pain ○ Maintain ROM restrictions ○ Maintain WB restrictions <ul style="list-style-type: none"> • Week 1 <ul style="list-style-type: none"> ○ AP, QS, gluteal sets, TA isometrics ○ Stationary Bike with minimal resistance ○ Passive ROM (emphasize IR), Passive supine hip roll (IR) ○ Gentle mobilizations – long axis distraction ○ Piriformis Stretch ○ Aquatic Therapy / Water walking (recommended) • Week 2 <ul style="list-style-type: none"> ○ Heel Slides ○ Hip Abd/Add isometrics ○ Quadruped rocking ○ Prone IR/ER isometrics ○ Uninvolved knee to chest stretch • Week 3 <ul style="list-style-type: none"> ○ 3 way leg raise (Abd/Add/Ext) ○ double leg bridges (spri band around knees) ○ Sidelying clamshells (ER) ○ Water jogging • Week 4 <ul style="list-style-type: none"> ○ Leg press ○ Short lever hip flexion/SLR ○ Hip flexor stretch

Phase II: 5-8 weeks	Intermediate Phase
Goals	<ul style="list-style-type: none"> • Protect integrity of repaired tissue • Restore full ROM • Restore normal gait pattern • Progressively increase muscle strength
ROM	<ul style="list-style-type: none"> • Progress to full ROM
WB	<ul style="list-style-type: none"> • No limits
Modalities	<ul style="list-style-type: none"> • Cryotherapy as needed • IFC for pain/effusion if needed
Treatment Recommendations Guidelines for progression based on tolerance Progress to phase 3 when: <ul style="list-style-type: none"> • Full ROM • Normal/pain-free gait pattern • Hip flexion strength > 60% uninvolved side • Hip add, abd, ext, IR, ER strength >70% of uninvolved side 	Precautions: <ul style="list-style-type: none"> ▪ No ballistic or forced stretching ▪ NO treadmill ▪ Avoid hip flexor / joint inflammation <ul style="list-style-type: none"> • Weeks 5-6 <ul style="list-style-type: none"> ○ 1/3 Partial squats ○ Side bridges ○ Stationary biking with resistance ○ Seated resisted IR/ER ○ Hip 4 way / Multi Hip machine ○ Single leg balance / stability exercises (foam / dyna disc) ○ Manual A-P mobilizations ○ Freestyle swimming ○ Lumbopelvic stabilization progression ○ Lateral shuffles (spri band) ○ Lateral stepdowns ○ Elliptical / Stairclimber • Week 7 <ul style="list-style-type: none"> ○ Single leg resisted rotation with cord ○ Golf progression ○ Resisted walking ○ Stabilization exercises with swiss ball

Phase III: 9- 12 wks	Advanced Phase
Goals	<ul style="list-style-type: none"> • Restore muscular strength/endurance • Restore cardiovascular endurance • Optimize neuromuscular control/balance/proprioception
Modalities	<ul style="list-style-type: none"> • Cryotherapy as needed • IFC for pain/effusion as needed
Treatment Recommendations Progress to phase 4 when: <ul style="list-style-type: none"> • Hip flexion strength >70% uninvolved side • Hip Add, Abd, ext, IR, ER strength >80% of uninvolved side • Cardiovascular fitness equal to preinjury level • Demonstration of initial agility drills with proper body mechanics 	Precautions: <ul style="list-style-type: none"> • Avoid hip flexor / joint inflammation • No ballistic or forced stretching • NO treadmill • No contact activities Week 9: <ul style="list-style-type: none"> • Lunges and lunges with trunk rotation • Side to Side lateral agility with resistance cord • Forward/Backward running with resistance cord • Begin Agility drills <ul style="list-style-type: none"> ▪ Forward / Retro running ▪ Side shuffles Week 12: <ul style="list-style-type: none"> • Return to running program • Progress Agility drills <ul style="list-style-type: none"> ▪ Forward/Retro run (increase speed) ▪ Stutter step – smooth forward/backward push offs ▪ Side shuffles (increase speed)

Phase 4 13+weeks	Return to activity phase
Treatment Recommendations	Week 13+: <ul style="list-style-type: none"> • Z - cuts • W - cuts • Cariocas • Sport specific drills
Testing at 13+ weeks	<ul style="list-style-type: none"> • Functional testing per MD approval
Return to sport/ work guidelines	<ul style="list-style-type: none"> • Based on MD approval <ul style="list-style-type: none"> ○ Full pain-free ROM ○ Hip strength >85% of uninvolved side ○ Ability to perform sport-specific drills at full speed without pain ○ Appropriate completion of all functional testing