

# Hip Arthroscopy – Labral Repair + Osteoplasty

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Dr: Doan

DOS: \_\_\_\_\_

## ROM RESTRICTIONS

Abduction  
0-45 x 2 wks

No External  
Rotation x 4  
wks

No flexion  
beyond 90 x 4  
wks

No extension  
past neutral x  
2 weeks

## BRACE SETTINGS

Hip brace x 4  
weeks

## Weight Bearing status

FFWB x 2 wks  
Advance as  
tolerated

ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13-18+	19-24+	25-28+
PROM – Circumduction, log roll, side lying flex, abduction, bike										
Isometrics – quad, TA, glute										
Cat & camel / Quad rocking										
Standing TKE										
Abduction supine / standing										
Reverse Clams / Clam to neutral										
Supine hip flexion on ball										
Quadruped hip extension										
Side lying glute max/med holds										
Weight shift										
Hip thruster										
<i>FROM all planes except Flex &amp; ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10</i>										
Muscular Endurance 3 x 15, 45s rest							7-12+			
Side lying deep rotators										
Squat series										
Lateral band walk										
Hip hikers										
3 way hip glider										
Plank series										
<i>Progress to strength: 12+ wks &amp; GMax &amp; GMed isometric strength &gt;80%, Trunk lat endurance &gt;90%, Y balance ant reach &lt;8cm</i>										
Muscular Strength 3 x 10 120s rest								13-18+		
Squat with rotation										
Kettlebell RDL										
Elevated split squat										
Single leg squat										
Side plank with hip abduction										
<i>GMax &amp; GMed iso strength &gt;90%, Side plank + hip abduction x 10, Y Balance ant reach &lt;4cm</i>										
Muscular Power 3 x 6, 180s rest									19-24+	
Front squat										
Barbell deadlift										
Split Jumps										
Sled drags										
<i>Triple hop for distance &gt;90%</i>										
Running, Speed & Agility										25-28+
Running progression										
Ladder footwork drills										
Forward & backward cone drills										
Lateral cone drills										
High Level Activities										25-28+
Golf, outdoor biking										