

UCSF Fresno Orthopaedic Surgery Robert Kollmorgen DO														
Hip Labral Repair with Osteoplasty and Capsular Repair		Week												
		1	2	3	4	5	6	7	8	9	10	11	12	>12
<b>Precautions:</b>	<b>Phase 1: Rehabilitation (1-3 Weeks)</b>													
<b>ROM</b>	Quad Sets	X	X	X										
Flexion: 90°	Gluteus Sets	X	X	X										
Extension: 0°	TA Isometrics with Diaphragmatic Breathing	X	X	X										
Abduction: 30°	Prone Lying	X	X	X										
IR at 90°: 0°	Prone Knee Flexion (pillow under waist)		X	X	X									
IR prone: to comfort	Passive Circumduction	X	X	X	X	X	X							
ER at 90°: 20°	Passive IR Log Rolling	X	X	X	X	X	X							
ER prone: 0°	Short Crank Upright Bike: No Resistance	X	X	X	X									
* LIMIT PAINFUL ROM	Soft Tissue Mobilization	X	X	X	X	X	X	X	X	X	X	X	X	
<u>3 Weeks</u>	Supine Heel Slides				X	X	X							
	Quad Rocking		X	X	X									
	Hooklying Pelvic Clock			X	X	X	X							
	Hooklying With Bent Knee Fall Outs			X	X	X	X							
	Hooklying Marching			X	X	X	X							
<b>Weight Bearing</b>	Hooklying AbductionAdduction Isometric			X	X	X	X							
<u>Weeks 1 and 2</u>	Hip Joint Mobilization - Grade I, II Caudal Glides		X	X	X	X	X	X	X					
50% FOOT FLAT WB	Aquatic Therapy (Wounds Must Be Healed)				X	X	X	X	X					
*No Toe Touch WB	<b>Phase 2: Rehabilitation (4-8 Weeks)</b>													
	Supine Double Leg Bridge				X	X	X							
	Supine Single Leg Bridge						X	X	X					
<b>Brace to be locked in extension for sleep.</b>	Prone IR/ER AROM				X	X	X	X	X					
<b>Blocked at 90° Flexion</b>	Side-Lying Clams				X	X	X	X	X	X				
<u>4 Weeks</u>	Seated Posterior Leans						X	X	X					
	Half Kneeling With Pelvic Tilts					X	X	X	X					
	Straight-Leg Raise Hip Abduction, Extension				X	X	X	X	X					



Return to Play Testing

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