

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> Flexion: 90° Extension: 0° Abduction: 30° IR at 90°: 0° IR prone: to comfort ER at 90°: 20° ER prone: 0° * LIMIT PAINFUL ROM <u>3 Weeks</u> <b>CPM</b> 30-70° progressing to 120°, 6-8° per day up 4 hours per day <b>Weight Bearing</b> <u>Weeks 1 and 2</u> 50% FOOT FLAT WB *No Toe Touch WB	Quad Sets	X	X	X										
	Gluteus Sets	X	X	X										
	TA Isometrics with Diaphragmatic Breathing	X	X	X										
	Prone Lying	X	X	X										
	Prone Knee Flexion (pillow under waist)		X	X	X									
	Passive Circumduction	X	X	X	X	X	X							
	Passive IR Log Rolling	X	X	X	X	X	X							
	Short Crank Upright Bike: No Resistance	X	X	X	X									
	Soft Tissue Mobilization	X	X	X	X	X	X	X	X	X	X	X	X	X
	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								
Hooklying AbductionAdduction Isometric			X	X	X	X								
Hip Joint Mobilization - Grade I, II Caudal Glides		X	X	X	X	X	X	X						
Aquatic Therapy (Wounds Must Be Healed)				X	X	X	X	X						
		<b>Phase 2: Rehabilitation (4-8 Weeks)</b>												
<b>Brace to be locked in            extension for sleep.</b> <b>Blocked at 90° Flexion</b> <u>4 Weeks</u> <b>Derotational Boots</b> <u>2-4 Weeks</u>	Supine Double Leg Bridge				X	X	X							
	Supine Single Leg Bridge						X	X	X					
	Prone IR/ER AROM				X	X	X	X	X					
	Side-Lying Clams				X	X	X	X	X	X				
	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					
	Double Leg Standing Trunk Rotation (Resisted)				X	X	X	X	X	X	X			

