Hip labral repair with femoroplasty

Phase I: Acute Phase

Weeks 1-4

**Goals**
- Control pain and inflammation
- Neutralize muscle atrophy
- Protect repair
- Promote range of motion (ROM) within limitations

**Precautions**
- Touch-down weight-bearing (20 to 30 pounds)
- ROM limitations
  - Hip flexion: 90 degrees
  - External rotation: 20 degrees
  - Abduction: 30 degrees
- Avoid stressing hip flexors

**Suggested exercises**

1. **Glute sets**
2. **Quad sets**
3. **Hamstring sets**
4. **Isometric hip adduction**
Other exercises to add:
- Isometric hip abduction
- Heel slides
- Transverse abdominis activation
- Ankle pumps

May add bike within ROM limitations and no resistance for cardio

Supine bridging

Hamstring curls
Standing hip abduction
Standing hip extension
Standing hip flexion
Standing hip adduction
Week 2: Suggested exercises

- Resisted hip adduction
- Resisted hip extension
- Resisted hip flexion
- Resisted hip abduction
- Seated marching
**Week 3: Suggested exercises**

- **Side-lying hip abduction**
- **Prone hip extension**
- **Side-lying hip adduction**

**Joint mobilizations**

- Long axis distraction may be performed for pain management
- Circumduction may be performed to prevent adhesions
Phase II: Controlled Stability Phase

**Weeks 5-6**

**Goals**
- Increase ROM
- Normalize gait
- Increase strength
- Initiate proprioceptive exercises

**Precautions**
- Progress to full weight-bearing (FWB)

**Suggested exercises**

**Goals**
- Increase ROM
- Normalize gait
- Increase strength
- Initiate proprioceptive exercises

**Suggested exercises**

- **Side-lying clams**
- **Single-leg bridging**
- **Mini squats**
- **Calf raises**
- **Supine bridging with ball**

**Other exercises to add:**
- Leg press
- Single-leg stance
- Wall sits
- Quadruped rocking
- Bike or elliptical for cardio

**Supine bridging with ball 2**

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Joint mobilizations

- Perform Grade III and IV joint mobilizations as needed to normalize ROM

Phase III: Continued Strengthening Phase

Weeks 7-11

Goals
- Functional progression of strength and endurance
- Optimize neuromuscular and proprioceptive control
- Improve cardiovascular endurance

Precautions
- Progress within pain tolerance

Suggested exercises

Lunges

Monster walks

Single-leg squats
Phase IV: Return-to-Sport Phase

Weeks 12-16

**Goals**

- Functional progression of strength and proprioception

**Precautions**

- Patient ambulates with normalized gait
- Patient performs single-leg squat without trendelenburg, dynamic knee valgus or pain
- Patient demonstrates full pain free ROM

**Suggested exercises**

- Agility drills
- Plyometrics
- Sport-specific training
- Running progression

**Discharge criteria:**

- Run with non-antalgic gait and no trendelenberg
- Cutting and agility drills performed with proper form and no hesitation on involved side
- Physician clearance