

# 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)
  - Hip flexion: 90 degrees
  - External rotation: 20 degrees
  - Abduction: 30 degrees
- Avoid stressing hip flexors

### Suggested exercises



Glute sets



Quad sets



Hamstring sets



Isometric hip adduction



**Supine bridging**

**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



**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



Side-lying clams



Single-leg bridging



Mini squats



Calf raises



Supine bridging with ball



Supine bridging with ball 2

## Other exercises to add:

- Leg press
- Single-leg stance
- Wall sits
- Quadruped rocking
- Bike or elliptical for cardio

## 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



Single-leg deadlift



Resisted side-lying clams



Full 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