

Hip labral repair with microfracture

Phase I: Acute Phase

Week 0-4

Goals

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

Precautions

- Touch-down weight-bearing (20 to 30 pounds) (physician discretion)
- Hip flexion limited to 90 degrees
- Hip external rotation limited to 20 degrees
- Hip abduction limited to 30 degrees

Suggested exercises



Glute sets



Quad sets



Hamstring sets



Isometric hip adduction



Supine bridging

Other exercises to add:

- Isometric hip abduction
- Core stabilization
- Ankle pumps
- Heel slides



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

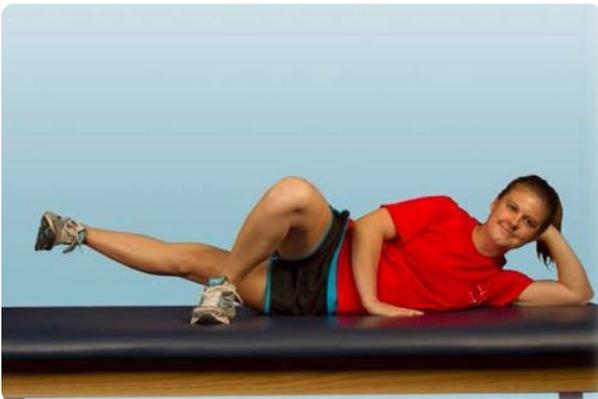
Week 3: Suggested exercises



Side-lying hip abduction



Prone hip extension



Side-lying hip adduction

Joint mobilizations



- Long axis distraction may be performed for pain management

Phase II: Controlled Stability Phase

Week 4-8

Goals

- Normalize ROM
- Protect microfracture
- Increase strength

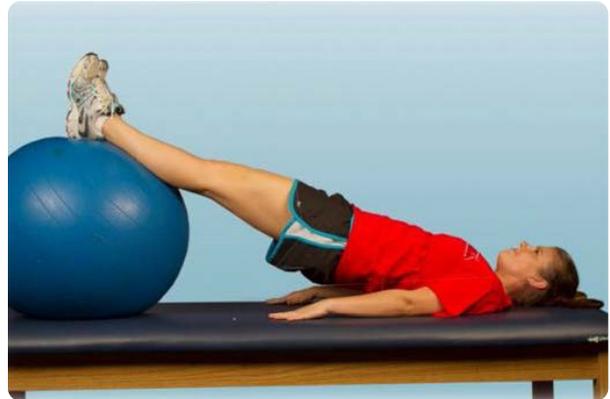
Precautions

- Continue touch-down weight-bearing during Weeks 6-8
- Progress to full weight-bearing (FWB) when cleared by physician

Suggested exercises



Single-leg bridging



Supine bridging with ball



Supine bridging with ball 2



Side-lying clams

Other exercises to add:

- Progress core stabilization
- May progress with weight-bearing exercises when cleared by physician
- Bike for cardio

Joint mobilizations



- Grade III and IV joint mobilizations may be performed as needed to normalize ROM

Phase III: Functional Strengthening Phase

Weeks 8-12

Goals

- Increase muscle strength and endurance
- Optimize neuromuscular and proprioceptive control
- Improve cardiovascular endurance

Precautions

- Progress within pain tolerance

Suggested exercises



Mini squats



Monster walks



Wall sits



Lunges



Penguins



Single-leg squats



Single-leg deadlift



Full squats

- Continue joint mobilizations as needed to normalize ROM

Phase IV: Return-to-Sport Phase

Weeks 12-16

Goals

- Functional progression of strength and proprioception
- Return to sport

Precautions

- Patient demonstrates proper mechanics and no pain with initial agility drills
- 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
- Cutting and pivoting drills

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