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
Other exercises to add:
- Isometric hip abduction
- Core stabilization
- Ankle pumps
- Heel slides
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