

## Hip Labral Repair/Osteoplasty Protocol

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-3 weeks	FFWB crutches at all times	1-3 weeks: 0-90°  (No hip flexion past 90)	Gentle passive ROM and heel slides 0-45° for 1 week, then 0-90°	Heel slides, quad sets, gluteal isometrics, SLR, calf pumps at home
<b>PHASE II</b> 3-6 weeks	Wean off crutches, WBAT	Discontinue at 3 weeks	Advance to tolerance, goal of full by end of week 6	Passive motion – especially internal rotation Stationary bike – Low resistance Standing hip IR – on a stool Heel slides Hip abductor/adductor isometrics
<b>PHASE III</b> 6-8 weeks	Full	None	Full	Prone resisted IR/ER 3 way leg raises (abd/add/ext) Water walking / Alter G Kneeling hip flexor stretch Stationary bike – High resistance Leg presses – low weight Straight leg raises Massage/Active release
<b>PHASE IV</b> 8-12 weeks	Full	None	Full	Pilates Lateral step downs Elliptical/Stairclimber Lunges Plyometrics Side to side lateral agility
<b>PHASE V</b> 12-24 weeks	Full	None	Full	Advance Phase IV activity  Running progression Agility drills Cutting drills Functional testing  Progress to full return to sport after 16-20 weeks when cleared by MD