



**Kansas City Sports Medicine**

*Sports Medicine & Arthroscopy*

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## Rehabilitation Program for the Hip

### Following Hip Arthroscopy for Labral Tear



## **Weeks 1 to 2: Early Motion Phase**

**Weight Bearing:** Crutches 3 weeks, progress to full weight bearing with comfort and stability.

Week 1: NWB      Week 2 - 1/3 body weight      Week 3 - 2/3 body weight

### **ROM Goals:**

**Extension:** 10 degrees

**Flexion:** 100 degrees

**Abduction:** 30 degrees

**Adduction:** 30 degrees

**Internal rotation in flexion:** 20 degrees

**External rotation in flexion:** 70 degrees

### **Therapeutic Exercises:**

**Strengthening:** Quad sets

**Conditioning:** Stationary bike 5 to 10 minutes

**Cryotherapy:** 6 to 8 times a day for 20 minutes

## **Weeks 3 to 4: Advanced Motion Phase**

**Weight Bearing:** Full

### **ROM Goals:**

**Extension:** 20 degrees

**Flexion:** 120 degrees

**Abduction:** 45 degrees

**Adduction:** 45 degrees

**Internal rotation in flexion:** 30 degrees

**External rotation in flexion:** 90 degrees

### **Therapeutic Exercises:**

**Strengthening:** Quad sets, four-way straight leg raising

**Proprioception:** Weight shifting

**Conditioning:** Stationary bike, less than 15 minutes

## **Weeks 5 to 6: Strengthening Phase**

**Weight Bearing:** Full

**ROM Goals:** Full

### **Therapeutic Exercises:**

**Strengthening:** Closed chain: half squats, step downs, etc.

**Proprioception:** Weight shifting, Balance activities

**Conditioning:** Stationary bike, Treadmill

## **Weeks 7 to 8: Advanced Strengthening Phase**

### **Therapeutic Exercises:**

**Strengthening:** Closed chain, Multi plane single leg, Hamstrings, Hip hikes

**Proprioception:** Weight shifting, Single leg balance activities

**Conditioning:** Stationary bike, Treadmill

## **Week 9, Month 4: Conditioning Phase**

### **Therapeutic Exercises:**

**Strengthening:** Closed chain, Multi-plane single leg, Hamstrings, Hip hikes, Multi-hip, Trunk bends, Plyometrics

**Proprioception:** Weight shifting, Balance activities

**Conditioning:** Stationary bike, Treadmill, Stair climber, Elliptical machine, Ski machine

## **Month 5: Return to Sport and Function Phase**

### **Therapeutic Exercises:**

**Conditioning:** Running straight

**Note:** Return to sport based on provider team input and appropriate testing. All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.