



## Hip Arthroscopy Labral Resection Protocol

Individual variations will occur depending on patient response to treatment. Avoid pain when performing ROM and exercises. If labral resection is occurring in combination with other procedure, refer to the more conservative protocol of those procedures. Please contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

Phase I: 0-4 weeks	Immediate post-operative phase
<b>Goals</b>	Protect integrity of repaired tissue Restore ROM within restrictions Diminish pain and inflammation Prevent muscular inhibition
<b>ROM</b>	Flex 90 x 10 days; Ext, Abd, IR, ER no limits
<b>WB</b>	Labral Resection: PWB ( ≤50% ) x 10 days
<b>Modalities</b>	Cryotherapy IFC for pain/effusion if needed
<b>Treatment Recommendations</b> Guidelines for progression based on tolerance Criteria for progression to Phase 2: Minimal pain with all phase I exercises  ROM ≥75% of uninvolved side  Proper muscle firing patterns for initial exercises	<b>Precautions:</b> Do not push through pain Maintain ROM restrictions Maintain WB restrictions • Week 1 AP, QS, gluteal sets, TA isometrics Stationary Bike with minimal resistance Passive ROM (emphasize IR), Passive supine hip roll (IR) Gentle mobilizations - long axis distraction Piriformis Stretch Aquatic Therapy / Water walking (recommended) • Week 2 Heel Slides Hip Abd/Add isometrics Quadruped rocking Prone IR/ER isometrics Uninvolved knee to chest stretch • Week 3 3 way leg raise (Abd/Add/Ext) double leg bridges (spri band around knees) Sidelying clamshells (ER) Water jogging • Week 4 Leg press Short lever hip flexion/SLR Hip flexor stretch