

Labral Repair

This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

- Partial weight bearing (50%) (4 weeks).
- Encourage, but limit hip flexion to 90 degrees (4 weeks).
 - Flexion beyond 90 degrees starts to stress the repair site.
- Avoid external rotation! (4 weeks)
 - External rotation stresses anterior labrum.
 - Especially cautious in bed (bolster with pillow or use theraband around feet).
- If patient has a capsular closure, extension is restricted for 3 weeks.
 - Modify protocol as necessary.
- No supine SLR.
- Manual therapy is necessary through rehabilitation phase.

PHASE 1: Initial Exercises (*Weeks 1-3*)

WEEK 1



Ankle Pumps



Glut Sets

PHASE 1:
Initial Exercises (*Weeks 1-3*)

WEEK 1



Quad Sets



Heel Slides



Hamstring Sets



Log Rolling Internal Rotation



Adductor Isometrics



Pelvic Tilt

PHASE 1:
Initial Exercises (*Weeks 1-3*)

WEEK 1



Double Leg Bridges



Prone Knee Flexion



Seated Knee Extensions



Standing Abduction without Resistance



Prone on Elbows



Standing Adduction without Resistance

PHASE 1:
Initial Exercises (*Weeks 1-3*)

WEEK 1



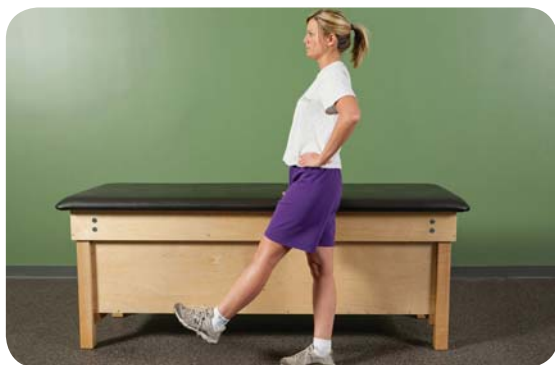
Standing Extension without Resistance



Long Axis Distraction (3-5 x 30 sec)

Other Exercises Week 1

- Upper body ergometer, upper body strengthening
- Perform exercises 2x/day, 2-3 sets of 10-15 reps
- Circumduction (2-3 minutes each direction)
- Standard stationary bike without resistance (10 min. if tolerated; no more than 90 degrees of hip flexion).



Standing Flexion without Resistance

PHASE 1:

WEEK 2



Stiffness Dominant Hip Mobilization - Grades III, IV (Inferior Glides up to 90 degrees, IR and Log Roll Mobilization)



PHASE 1:
Initial Exercises (*Weeks 1-3*)

WEEK 2



Prone Extension Lifts



Standing Abduction with Resistance



Standing Extension with Resistance



Stability Ball Bridge

Other Exercises/Treatment Week 2

- Initiate soft tissue mobilization.
- Active assisted hip flexion stability ball roll (0-90 degrees.)
- Stability ball bridge (if patient has good glut activation).
- Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches).

PHASE 1:
Initial Exercises (*Weeks 1-3*)

WEEK 3



Standing Flexion with Resistance



Standing Adduction with Resistance



Leg Raise Abduction



Superman



Hip Flexor Stretching



Core Plank

PHASE 1:
Initial Exercises (*Weeks 1-3*)

WEEK 3

Other Exercises Week 3

- Side-lying hip adduction
- Weight shifting – forward and backward, side to side (50% weightbearing okay for this exercise)
- Consider thoracic mobility exercises and/or mobilization as needed
- Hip flexor stretching (active/passive)

PHASE 2:
Intermediate Exercises (*Weeks 4-6*)



Crunches



Standing Heel Raises



Quarter Mini-Squats



Quadruped Hip Extension

PHASE 2: **WEEKS 4-5**
Intermediate Exercises (*Weeks 4-6*)

Other Exercises Weeks 4 and 5

- Progress with hip flexion exercises (i.e., squats) ONLY if no pain and good mobility
- Quadruped hip extension
- Gradually increase resistance with stationary bike
- Pool water exercises-flutterkick swimming, 4 way hip with water weights, step-ups
- Passive range of motion (gradually incorporate gentle external rotation and flexion short of pain, limit to 20 degrees of ER and 105 degrees of flexion)
- Elliptical machine
- Continue performing standing SLR with increasing resistance
- Gradually wean off crutches if no gait deviations
- Adductor stretching
- D/C week 1 exercises

PHASE 2:
Intermediate Exercises (*Weeks 4-6*)

WEEK 6



Clamshells



Superman (quadruped position)



Leg Press (minimal resistance, gradually increasing resistance to patient tolerance if there is no hip flexion irritation.)



Single Leg Bridge/Alternate Kickouts

Other Exercises Week 6

- Standing theraband/pulley flexion, adduction, abduction and extension or multi-hip
- Wall ball mini-squats
- Allow full ROM as tolerated

Intermediate Exercises (*Weeks 4-6*)



Single Leg Balance

Goals of Phase 2

- Protect integrity of repaired tissue
- Increase range of motion
- Normalize gait with no crutches
- Progressively increase muscle strength

Criteria for progression to Phase 3

- 105 degrees flexion, 20 degrees external rotation
- Pain-free/normal gait pattern
- Hip flexion strength > 60% of the uninvolved side
- Hip adduction, extension, internal and external rotation strength > 70% of the uninvolved side

PHASE 3:
Advanced Exercises (*Weeks 7-8*)

WEEK 7



Clamshells with Resistive Tubing or Band



Side Stepping with Resistance/Sports Cord Walking (pause on affected limb for each)



Bosu Squats



Step-ups with Eccentric Lowering

Other Exercises Week 7

- Restore full passive range of motion
- Knee extensions, hamstring curls

PHASE 3:
Advanced Exercises (*Weeks 7-8*)

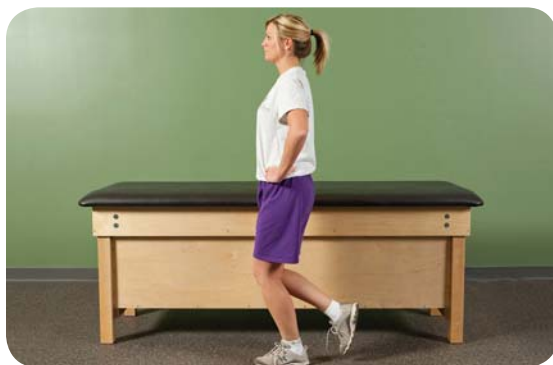
WEEK 8



Side Steps over Cups/Hurdles (with ball toss and external sports cord resistance), increase speed



Lunges, progress from single plane to tri-planar, add medicine balls for resistance and rotation



Single Leg Body Weight Squats, increase external resistance, stand on soft surface



Theraband Walking Patterns - forward, sidestepping, carioca, monster steps, backward, half circles, forward/backward-25 yds. Start band at knee and progress to ankle.

Other Exercises Week 8

- Single stability ball bridges
- ER stretching

Goals for Phase 3

- Restoration of muscular endurance/strength
- Restoration of cardiovascular endurance
- Optimize neuromuscular control/balance/proprioception

PHASE 3: **WEEK 8**
Advanced Exercises (*Weeks 7-8*)

Criteria for Progression to Phase 4

- Hip flexion strength > 70% of the uninvolved side
- Hip adduction, abduction, extension, internal, and external rotation > 80% of the uninvolved side
- Cardiovascular fitness equal to preinjury level
- Demonstration of initial agility drills with proper body mechanics

PHASE 4: **WEEKS 9-11**
Sports Specific Training Rehab Clinic Based Progression



Single Leg Pick-ups, add soft surface



Stool Hip Internal/External Rotation

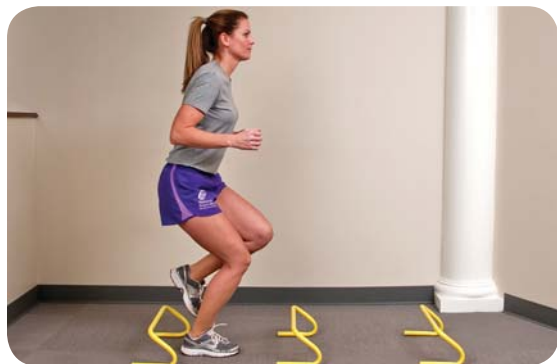
Other Exercises Weeks 9-11

- All phase 3 exercises
- Pool running (progress from chest deep to waist deep)
- Step drills, quick feet step-ups (4-6 inch box) forward, lateral and carioca
- Plyometrics, double leg and single leg shuttle jumps
- Theraband walking patterns 1 rep of 6 exercises x 50yds, progress to band at knee height and ankle height
- Sports specific training on field or court
- Full squat (no pain)
- Lunge – chops/lifts
- Resisted kneeling IR/ER strengthening (on stool or Airex pad)

PHASE 4: **WEEKS 12 & BEYOND**
Sports Specific Training on Field or Court



Airplane 1 and 2



Hurdles



Quick Feet Forward/Lateral Step-ups

Other Exercises Weeks 12 and Beyond

- Running progression (no pain and completes single leg step-down test x 1 min. without compensation)
- Sport specific drills
- Hurdle drill (quick feet forward/lateral, double leg hops forward/lateral)

PHASE 4: **WEEKS 12 & BEYOND**
Sports Specific Training on Field or Court

Criteria for Full Return to Competition

- Full range of motion
- Hip strength equal to uninvolved side, single leg pick-up with level pelvis
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test

