

Arthroscopic Labral Repair of the Hip

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	Weightbearing	Range of Motion	Exercises
Phase I 0-3 weeks	<ul style="list-style-type: none"> • Touch-down weightbearing with crutches with strong emphasis on foot flat and full knee extension during stance phase 	<ul style="list-style-type: none"> • Pain-free passive motion with limits: ext 45°, abd 30°, IR (hip flexed 90°) 0°, ER (hip flexed 90°) 30°, IR (hip neutral) within comfort, ER (neutral) 20° 	<ul style="list-style-type: none"> • STIM (scar, anterior, lateral, medial, and posterior hip), isometric quad strengthening, prone lying, avoid active contraction of iliopsoas • Avoid forced stretching of any muscles
Phase II 3-8 weeks	<ul style="list-style-type: none"> • Advance to full normal gait pattern without crutches 	<ul style="list-style-type: none"> • Gain full and pain-free motion 	<ul style="list-style-type: none"> • Stationary bike (add resistance at week 6), clams, side plank on elbow, address pelvic and lumbar alignment, double to single leg balance, double and single leg bridges, avoid active contraction of iliopsoas, StairMaster/elliptical (week 6) • Avoid forced stretching of any muscles
Phase III 9-12 weeks	<ul style="list-style-type: none"> • Full without use of crutches and with a normalized gait pattern 	<ul style="list-style-type: none"> • Full and pain-free 	<ul style="list-style-type: none"> • Continue Phase II exercises, prone and side planks, single leg squats, lunges in all directions, crab/monster walks, lower lumbar and core stability exercises
Phase IV 3+ months	<ul style="list-style-type: none"> • Full 	<ul style="list-style-type: none"> • Full and pain-free 	<ul style="list-style-type: none"> Z cuts, W cuts, cariocas, agility drills, jogging, return to sport activities¹

¹Completion of RSE (Return to Sport Evaluation) not mandatory, but recommended at approximately 16 weeks post-op for competitive athletes returning to play after rehab