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Rehabilitation Protocol Hip Arthroscopy (Labral Tear)

Weeks 1 to 2: Early Motion Phase

Weight Bearing: Crutches 7-14 days, progress from partial to full weight bearing over 1-2 weeks as comfort allows

ROM Goals:

Extension: 10 degrees

Flexion: 90 degrees

Abduction: 30 degrees

Adduction: 30 degrees

Internal rotation in flexion: 20 degrees

External rotation in flexion: 60 degrees

Therapeutic Exercises:

Strengthening: Quad sets

Conditioning: Stationary bike 5 to 10 minutes (avoid excessive hip flexion)

Weeks 3 to 4: Advanced Motion Phase

Weight Bearing: Full

ROM Goals:

Extension: 20 degrees

Flexion: 100 degrees

Abduction: 45 degrees

Adduction: 45 degrees

Internal rotation in flexion: 30 degrees

External rotation in flexion: 80 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