



For Sports Medicine & Orthopaedics

*Because Life Happens In Motion*

## Labral Repair Protocol

Surgery Date: \_\_\_\_\_

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%) for four weeks.

### Encourage, but limit hip flexion to 90 degrees (4 weeks).

- Flexion inhibits adhesions within anterior capsule
- 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)

### Phase 1: Initial Exercises (Weeks 1-3)

**Week 1 Date:** \_\_\_\_\_

- Ankle Pumps
- Glut sets
- Quad sets
- Hamstring sets
- Adductor isometrics (pillow squeeze)
- Heel slides, active-assisted range of motion
- Internal rotation log rolling
- Posterior pelvic tilt
- Double leg bridge
- Seated knee extensions
- Prone on elbows
- Prone knee flexion
- Standing Abduction, Adduction, Extension, and Flexion without resistance
- Pain dominant hip mobilization – grade I
- Other:
  - Upper body ergometer, upper body strengthening

**Week 2 Date:** \_\_\_\_\_

- Supine marching (to 90 degrees)
- Modified dead bug (to 90 degrees)
- Superman
- Abduction isometrics
- Thera band resistance on affected side – Adduction, Abduction, Flexion, Extension (start very low resistance)
- Other:

- Standard stationary bike without resistance (10 min. if tolerated, no more than 90 degrees of hip flexion)
- Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

**Week 3 Date:** \_\_\_\_\_

- Leg raise – Abduction, Extension
- Seated physioball progression – hip flexion to 90 degrees
- Weight shifts – standing, sitting, supported, anterior/posterior, laterals, physioball
- Other:
  - Active range of motion with gradual end range stretch within tolerance
  - Leg raise – adduction
  - Front and side standing weight shifts

### Phase 2: Intermediate Exercises (Weeks 4-6)

#### Goals of Phase 2

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

**Week 4-5 Dates:** \_\_\_\_\_

- Crunches
- Stiffness dominant hip mobilization – grades III, IV (inferior glides starting at 90 degrees, IR/ER log roll mobilization)
- Other:
  - Gradually increase resistance with stationary bike
  - Pool water exercises – flutter kick 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

**Week 6 Date:** \_\_\_\_\_

- Clamshells
- Leg press (minimal resistance, gradually increasing resistance to patient tolerance)
- ¼ mini-squats
- Superman (quadruped position)
- Standing heel raises
- Single leg bridges/stabilization/alternate kick outs
- Other:
  - Standing thera band/pulley flexion, adduction, abduction and extension or multi-hip
  - Wall mini-squats
  - Physioball mini-squats with co-contraction

- Single stability ball bridges

### Criteria for progression to Phase 3

- ✓ 105 degrees of flexion, 20 degrees of external rotation
- ✓ Pain-free/normal gait patterns
- ✓ 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)

#### Goals for Phase 3:

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

**Week 7 Date:** \_\_\_\_\_

- Clamshells with resistive tubing/band
- Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/simulated ex.)
- Physioball hamstring ex. – hip lift, bent knee hip lift, curls, balance
- Side stepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)
- Bosu squat
- Other:
  - Restore full passive range of motion
  - Knee extension, hamstring curls

**Week 8 Date:** \_\_\_\_\_

- Step ups with eccentric lowering
- Lunges progressing from single plane to tri-planar, add medicine balls for resistance and rotation
- Thera band walking patterns – forward, sidestepping, carioca, monster steps, backward, ½ circles forward/backward – 25 yds. Start band at knee height and progress to ankle height
- Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed
- Single leg body weight squats, increase external resistance, stand on soft surface
- Other:
  - Full squats