

Hip Arthroscopy with Labral Repair + Microfracture

Name: _____

DOB: _____

Dr: Cinque

DOS: _____

ROM RESTRICTIONS

Abduction 0-45 x 2 wks

External Rotation to neutral x 4 wks

Flexion 0-90 x 4 wks

No extension past neutral x 3 weeks

BRACE SETTINGS

Hip brace x 6 weeks

Weight Bearing status

FFWB x 6 weeks
Advance as tolerated

CPM

6 hours day x 6 weeks

ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-29+
PROM – Circumduction, log roll, side lying flex, abduction, bike											
Isometrics – quad, TA, glute											
Cat & camel / Quad rocking											
Standing TKE											
Abduction supine / standing											
Reverse Clams / Clam to neutral											
Supine hip flexion on ball											
Quadruped hip extension											
Side lying glute max/med holds											
Weight shift											
Hip thruster											
Progress to Endurance: FROM all planes except Flex & ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10											
Muscular Endurance 3 x 15, 45s rest								9-14+			
Side lying deep rotators											
Squat series											
Lateral band walk											
Hip hikers											
3 way hip glider											
Plank series											
Progress to strength: 12+ wks & GMax & GMed isometric strength >80%, Trunk lat endurance >90%, Y balance ant reach <8cm											
Muscular Strength 3 x 10 120s rest									15-20+		
Squat with rotation											
Kettlebell RDL											
Elevated split squat											
Single leg squat											
Side plank with hip abduction											
Progress to Power: GMax & GMed iso strength >90%, Side plank + hip abduction x 10, Y Balance ant reach <4cm											
Muscular Power 3 x 6, 180s rest										21-26+	
Front squat											
Barbell deadlift											
Split Jumps											
Sled drags											
Triple hop for distance >90%											
Running, Speed & Agility											27-29+
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities											
Golf, outdoor biking										21-26.	