Hip Arthroscopy – Labral Repair + Osteoplasty

ROM RESTRICTIONS

Abduction 0-45 x 2 wks

No External Rotation x 4 wks

No flexion beyond 90 x 4 wks

No extension past neutral x 2 weeks

BRACE SETTINGS

Hip brace x 4 weeks

Weight Bearing status

FFWB x 2 wks Advance as tolerated

Name:							DOB:			
Dr: Cinque						DOS:				
ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13 –18+	19-24+	25-28+
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										
FROM all planes except Flex & ER to 7	E07	CM	ا مر دن	do lui	ina h	old v	20a CMay	nrono ovt v	. 10	
Muscular Endurance 3 x 15, 45s rest	3/0,	Givie	-u 3/0	Je iyi	ing in	old X	7-12+	pione exi x	10	
Side lying deep rotators							7-12+			
Squat series										
Lateral band walk										
Hip hikers										
3 way hip glider										
Plank series										
Progress to strength: 12+ wks & GMax	& G	Med	l ison	netric	: stre	nath	 >80%. Trunk	lat endura	nce >90%.	Y
balance ant reach <8cm						_		1		
Muscular Strength 3 x 10 120s rest								13-18+		
Squat with rotation										
Kettlebell RDL										
Elevated split squat										
Single leg squat										
Side plank with hip abduction										
GMax & GMed iso strength >90%, Side	e plo	nk +	hip	abdı	Jctio	n x 10), Y Balance	ant reach	<4cm	1
Muscular Power 3 x 6, 180s rest									19-24+	
Front squat										
Barbell deadlift										
Split Jumps										
Sled drags										
Triple hop for distance >90%	1				ı	<u>I</u>	l .	l		
Running, Speed & Agility										25-28+
Running progression										
Ladder footwork drills										
Forward & backward cone drills										
Lateral cone drills										
High Level Activities										25-28+
Golf, outdoor biking										
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