



TENNESSEE ORTHOPAEDIC ALLIANCE

Hip Scope with Labral Repair +/- Acetabuloplasty/Femoroplasty

General

- **WB restrictions:** TDWB for 4 weeks with gradual return to WBAT
- **ROM restrictions:**
 - No flexion past 90 degrees for first 10 days
 - Gentle ER and extension for 3 weeks
 - No IR restrictions
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Phase 1 – Initial Exercise (0-4 weeks)

Goals: Protect repaired tissue, restore ROM within restricted limits, decrease pain, prevent muscular inhibition

Weeks 1-2:

- Ankle Pumps
- Isometrics: gluteal, quad, hamstrings, abduction, TA contractions
- Stationary biking with minimal resistance
- Water Walking
- Passive ROM: heel slides, quadruped rocking, passive supine hip roll (IR),
- Stretches: piriformis, uninvolved knee to chest, prone quad stretch

Weeks 3-4:

- ROM: kneeling hip flexor stretch
- Strengthening: prone resisted IR/ER, straight leg raises double leg bridges, leg press, water jogging

***Prior to progressing into phase 2:**

- Pain <2/10 with phase 1 activities
- Pain free full WB
- ROM approximately 75% of uninvolved side
- Independent activation/co-contraction of gluteals, quads, hamstrings

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

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Phase 2 – Intermediate Exercise (5-8 weeks)

Goals: Restore full ROM, restore normal gait pattern, increase muscular strength and endurance

Weeks 5-6:

- Strength: mini squats, progressions of phase I activities
- Aerobic: Stationary biking with resistance, swimming
- Manual Therapy (week 5): long axis traction, AP mobs
- Balance/Gait Training: weight shifts and single leg stance

Weeks 7-8:

- Strength: squats, partial single leg squats, step downs, lumbopelvic stabilization, advanced bridging, side steps
- Aerobic: elliptical, stair master
- Balance: single leg stance on unstable surface/with UE manipulation

***Prior to progressing into Phase 3:**

- Pain free with all ADLs
- Full ROM
- Normal gait pattern while walking
- Hip flexion 60% of uninvolved side
- Hip Add, Abd, ER and IR 80% of uninvolved side

Phase 3 – Advanced Exercise (9-12 weeks)

Goals: Restore muscular endurance, restore cardiovascular endurance

Precautions: Avoid increased pain with activities, no contact activities, no treadmill use, no forced stretching/strengthening exercises

Specific Exercises:

- Lunges
- Water plyometrics
- Sport cord training: Lateral agility, single leg squats, forward and backward running
- Start running progression and light agility drills

***Prior to progressing into Phase 4**

- Pain free with all ADLs and progression of exercise activities
- Hip strength equal to uninvolved leg
- Good mechanics with initial agility program

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Phase 4 – Sports Specific Training (13+ weeks)

Goals: Restore full muscular endurance and strength for sport specific activities, optimize neuromuscular control for sport specific activities

Specific Exercises:

- Agility drills: sagittal -> frontal -> transverse
- Plyometrics: sagittal -> frontal -> transverse
- Continue running progression

***Prior to return to sport**

- Pain free
- Symmetric ROM and MMT
- No muscular endurance deficits
- Pass functional testing (sport cord, Y balance, triple hop, sport specific)

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