BaylorScott&White
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Hip Arthroscopy with Labral Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Minimal pain; normal gait pattern with crutches*	Flexion 0-90°; NO extension past neutral; abduction, ER and IR 0-30°. No crossing legs*	20 lb foot-flat weight bearing with two crutches. Sit no more than 30 minutes at a time; lie face down 15 minutes, 2-3 times a day	Stationary bike up to 20 minutes twice a day (no resistance), quad and glute sets, ankle pumps, gentle passive motion. NO straight-leg raises or active hip lifting for 3 weeks*
Phase II **3–5 weeks** GOAL TO ADVANCE *Normal gait without device; good single-leg stance*	Flexion as tolerated; extension 0-10°; abduction, ER and IR 0-45°	Progress to weight bearing as tolerated; wean to one crutch, then off crutches by 6-8 weeks	Bridges, clamshells, quadruped work, core, balance; bike with no resistance. No straight-leg raises
Phase III **6–11 weeks** GOAL TO ADVANCE *Motion ≥90% of other side; hip strength ≥75%*	Progress to full as tolerated	Full	Progressive hip and core strengthening, step-ups, balance; bike with resistance, elliptical, swimming (flutter kick, no frog kick). No running, pivoting, or squats below 90°
Phase IV **3–4 months** GOAL TO ADVANCE *Hip strength ≥90%; Y-balance ≥80%*	Full; avoid extreme combined positions	Full	Advanced strengthening, single-leg work, agility drills; begin treadmill jogging at 16-18 weeks when cleared**
Phase V **4–6 months** GOAL TO ADVANCE *Triple hop ≥90%; jog 30 minutes pain-free*	Full without discomfort	—	Running progression, plyometrics, cutting and sport-specific drills; return to sport at about 4-6 months**

NOTES

*Hip flexion with straight-leg raising, extension past neutral and leg crossing strain the repaired labrum and front of the hip capsule

**If approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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