09/14/24

UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | SPORTS MEDICINE INSTITUTE

Hip Arthroscopy with Labral Repair + Microfracture

Patient Name: _____
DOB: _____
DOS: _____
Dr. RIZZO

ROM Restrictions:
Abduction 0-45 degrees x 2 weeks
No External Rotation x 4 weeks
No flexion beyond 90 degrees x 4 weeks
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 a day x 6 weeks
Start at 0-45 degrees, advance by 5-10 degrees per day as tolerated.

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											
Progres 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										**21-26.**	
Golf, outdoor biking											