Updated 11/19/24

UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | SPORTS MEDICINE INSTITUTE

Hip Arthroscopy – Labral Repair + Osteoplasty

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 4 weeks

Weight Bearing Status:
TTWB x 2 weeks, advance as tolerated

If you have a CPM:
Use CPM machine x 4 weeks.
Start at 0-45 degrees, advance by 5-10 degrees per day as tolerated.

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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 75%, GMed Side lying hold x 30s, GMax prone ext x 10										
Muscular Endurance 3 x 15, 45s rest							**7-12+**			
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								**13-18+**		
Squat with rotation										
Kettlebell RDL										
Elevated split squat										
Single leg squat										
Side plank with hip abduction										
GMax & GMed iso strength >90%, Side plank + hip abduction x 10, Y Balance ant reach <4cm										
Muscular Power 3 x 6, 180s rest									**19-24+**	
Front squat										
Barbell deadlift										
Split Jumps										
Sled drags										
Triple hop for distance >90%										
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										