Hip Arthroscopy Labral Repair Protocol

0-4 weeks  Touch-down weight bearing
Range of motion limited to 90 flexion, Abduction, Adduction to 30.
Do not push through pain, Maintain ROM restrictions, Maintain WB restrictions
Quad Sets, gluteal sets, hip isometrics, heel slides, Quadruped Rocking,
3 way leg raises (abd, add, ext)
Cryotherapy

4-8 weeks  No ballistic or forced stretching, cryotherapy as needed
Increase weight bearing by 25% each week
Increase ROM to tolerance
Continue above exercises as well as 1/3 partial squats, side bridges,
stationary bike with resistance, bridges and pelvic stabilization, and
stability exercises when gait normalized

8 weeks and beyond
Lunges and lunges with trunk rotation, side lunges, progress with squats
Begin daily activity training or sport specific training
Begin agility drills if indicated by pre-injury activity level
Continue stationary bike, may begin elliptical or stair climber
Side to side lateral agility, side shuffles, forward / backward running as indicated