



Hip Arthroscopy Rehabilitation Protocol Labral Repair

Weight Bearing

Touch down 3-4 weeks, then advance as tolerated

ROM

Week 1 & 2

Flexion to 90, ER to 10, Abd to 25

Weeks 3+

Advance as tolerated

Exercises

Initial (Week 1-4)

Stationary bike no/min resistance
Passive ROM (IR, circumduction, prone lying)
Heel slides
Piriformis stretch
Hip Abduction isometrics
Uninvolved knee to chest
3 way leg raises

Intermediate (Week 5-8)

Double 1/3 knee bends
Wall sits with abductor band
Stationary bike with resistance
Kneeling hip flexor stretch
Involved knee to chest
Seated resisted IR/ER
Leg press/shuttle
Two-leg bridging, single-leg bridging
Elliptical, stairclimber

Advanced (Week 8-12)

Standing resisted hip ER
Lunges
Plyometrics
Core ball stabilization progression
Forward/backward/sideways walking with cord
Single plane agility drills

Sports-Specific Training (Week 12+)

Z-cuts
Cariocas
Functional testing