

Hip Labral Repair and Acetabuloplasty

General

Brace for 6 weeks (0-30 flexion, 10 abduction, 0 internal rotation, 40 external rotation)

Full weight-bearing as tolerated with crutches—wear as tolerated

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-6

| | |
|-----------------|---|
| Hamstring sets | Modalities as necessary to decrease swelling |
| Prone hangs | |
| Ankle pumps | Avoid passive range of motion exercises, especially flexion |
| Toe/heel raises | |

Weeks 6-10

| | |
|------------------------------------|--|
| Continue previous activities | Stationary bike with both legs |
| Discontinue brace | <ul style="list-style-type: none">• Maintain high seat to avoid deep flexion |
| Quad sets with straight leg raises | <ul style="list-style-type: none">• Gradual increase in resistance |
| Treadmill 7% walk | Aqua therapy |
| Terminal ½ knee bends | Single leg squats |

Weeks 10-12

Leg curls with no hyperextension

Swimming with fins

Quad sets with straight leg raises

Rowing/erg machine

Stationary bike with increased resistance

Weeks 12-16

Outdoor biking

Return to run program = elliptical → treadmill → outdoor running

Week 16

Sport-specific training with gradual return to agility exercises

5 months = return to sports