

Arthroscopic Hip Procedure: Labral Debridement & Boney Work

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ROM Restrictions and Expectations:

Flexion: 0°-125° by day 15	Extension: 0° by wk 1 0° + after 15 days	External Rotation No Limitations	Internal Rotation No limitations	Abduction 0° to 45 by 2 wks
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Weight Bearing Restrictions:

Toe touch WB 2-3 wks
 ➤ 20lbs max foot flat WB
If microfracture to touch WB 6wks

If microfracture **Hold** activities in shaded boxes () until 6 wks in all phases

Phase I (ROM and initial strengthening)

Date of Surgery:	Week	1	2	3	4	5	6
Stationary Bike up to 20 min. ➤ Well member for day 1 to 4, progress per patient tolerance	Daily	✓	✓	✓	✓		
Passive ROM / Circumduction ➤ ER limitation see above	Daily	✓	✓	✓	✓	✓	✓
Isometrics: 2x/day ➤ <i>Quads, Hams, Glute max</i>	Daily	✓	✓				
Soft Tissue Work/Scar Mobs	Daily	✓	✓				
Muscle Stretch: ➤ <i>Quad, Adductor, HS</i>	Daily	✓	✓				
Stomach Stretch ➤ Lie flat on stomach up to 15 min	Daily	✓	✓	✓	✓		
Quadruped Rocking ➤ Ok with labral repair	Daily	✓	✓				
<i>D/C Crutches (dependent on post op DX)</i>			2 wks	3 wks		6 wks	

Phase II Stability (wean from crutches per physician individual order)

Phase II: Stability	Week	3	4	5	6	7	8	10
Hip Rotations with Stool	5x wk	✓	✓	✓				
Prone Hip Extensions	5x wk	✓	✓	✓				
Hamstring Curls, Pone	5x wk	✓	✓	✓				
Standing Hip Abduction in IR	5x wk		✓	✓				
Pool Therapy	5x wk			✓	✓	✓	✓	✓
Bridges	5x wk		✓	✓	✓	✓		
1/3 Knee Bends ➤ 2 legs ➤ <i>Hold to wk 6 if microfracture</i>	5x wk			✓	✓	✓		

*Start cardio at 4 weeks if glute strength is present, if microfracture wait until 8 weeks, see cardio recommendations on other side

 Phase IV and cardio/Functional Exercise on Reverse Side 

 Excessive activity, including cardiovascular exercise, may lead to the return of anterior hip pain if ample core and glute strength is not present 



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Phase III (if microfracture hold all WB activities until wk 6)

Phase III: Functional Strengthening	Week	4	5	6	7	8	10	12	16
Leg Press	3x wk	✓	✓	✓	✓	✓			
Single Leg Balance	3x wk		✓	✓	✓	✓	✓		
Box step up	3x wk			✓	✓	✓	✓		
Bosu	3x wk			✓	✓	✓	✓	✓	
Single Knee Bends	3x wk			✓	✓	✓			
Lunges- forward 90	3x wk			✓	✓	✓	✓	✓	
Lateral Lunge	3x wk			✓	✓	✓	✓		
Lateral walk With squat and Band	3x wk			✓	✓	✓	✓		
Agility - Diagonal lateral agility	3x wk					✓	✓	✓	✓

Phase IV

Phase IV: Return to Activity/ Sport	Week	16	20	24
Sport Specific Drills / Training		✓	✓	✓

Typically 4-6 months to return to sports, 1 yr for maximal recover

Microfracture can delay this recovery by 1-5 months

Cardio/Functional Exercise

Cardio / Functional		7	8	10	12	16	20	24
Outdoor Biking (or Resisted Biking)	3x wk	✓	✓	✓	✓			
Elliptical Machine	3x wk		✓	✓	✓			
Functional Activity (hike, kick, throw)	3x wk			✓	✓	✓		
Sport Specific Progressions	3x wk			✓	✓	✓	✓	✓

**Start cardio at 4 weeks if glute strength is present, if microfracture wait until 8 weeks*

⚠ Excessive activity, including cardiovascular exercise, may lead to the return of anterior hip pain if ample core and glute strength is not present ⚠