



**SPORTS MEDICINE**

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**PROTOCOL**

## **HIP LABRAL REPAIR WITH MICROFRACTURE REHAB PROTOCOL**

### **GENERAL**

TTWB with crutches x 6 weeks  
CPM 0-90 x 6 weeks  
Passive ROM, Full Extension to 45 degrees of Flexion  
/abduction 10 degrees to Full  
Internal Rotation to 0; External Rotation to 40 for 1<sup>st</sup> 6 weeks

### **WEEK 1 THRU 5**

Wall slides  
Hamstring Sets  
Prone hangs  
Ankle pumps

### **WEEK 6**

Treadmill 7% incline walk  
Terminal 1/3 double knee bends

### **WEEK 8**

Elliptical with NO resistance  
Biking with both legs with NO resistance

### **WEEK 10**

Quad sets with straight leg raises  
Rowing  
Swimming with fins  
Stairmaster  
Add light resistance on bike  
Leg curls with no hyperextension

### **WEEK 12**

Outdoor biking  
Agility Exercises  
Forward and backward jogging

### **WEEK 16**

Return to Sports