



SPORTS MEDICINE

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PROTOCOL

HIP LABRAL REPAIR REHAB PROTOCOL

GENERAL

TTWB with crutches x 3 weeks, then wean off crutches
Wear BRACE for the 2nd 3 weeks after surgery
Passive ROM, Full Extension to 30 degrees of Flexion
/abduction 10 degrees to Full
Internal Rotation to 0; External Rotation to 40

WEEK 1 THRU 3

Hamstring Sets
Prone hangs
Ankle pumps

WEEK 4 THRU 5

Same as Week 1 thru 3
Toe raises/heel raises

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

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

WEEK 12

Outdoor biking
Agility Exercises
Forward and backward jogging

WEEK 16

Return to Sports