



**SPORTS MEDICINE**

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**PROTOCOL**

## **HIP LABRAL REPAIR REHAB PROTOCOL**

### **GENERAL**

Brace x 6 weeks  
Passive ROM, Full Extension to 30 degrees of Flexion  
/abduction 10 degrees to Full  
Internal Rotation to 0; External Rotation to 40  
WBAT with crutches as needed for comfort –wean as tolerated

### **WEEK 1**

Hamstring Sets  
Prone hangs  
Ankle pumps

### **WEEK 2**

Same as week 1  
Toe raises/heel raises

### **WEEK 6**

Treadmill 7% walk  
Terminal 1/3 knee bends  
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 16**

Outdoor biking  
Agility Exercises  
Forward and backward jogging

### **WEEK 20**

Return to Sports