

## TJ Ridley, MD

Phone: 763-717-4130 | Website: [TJRidleyMD.com](http://TJRidleyMD.com) | Instagram: @dr.\_ridley

### Hip Arthroscopy with Labral Repair and/or Osteoplasty

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (week 0-2)</b> Goals: <ul style="list-style-type: none"> <li>Spare the hip flexors</li> <li>Protect repair</li> <li>Full extension to 0° by week 2</li> <li>Avoid sitting at 90°</li> <li>CPM 6-8 hours</li> </ul>	<ul style="list-style-type: none"> <li>20lb flat foot weight bearing x 14 days               <ul style="list-style-type: none"> <li><i>Labral reconstruction:</i> FFWB x 4 weeks</li> <li><i>Microfracture:</i> FFWB x 6 weeks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Extension not to exceed 0 degrees</li> <li>Avoid external rotation for 21 days</li> <li>Abduction 0-45° Stop shy of pinchy pain with all PROM</li> <li>CPM 10-45° 1<sup>st</sup> week, 0-60° 2<sup>nd</sup> week</li> </ul>	<ul style="list-style-type: none"> <li>Circumduction 5 minutes each direction, 4x per day</li> <li>Stationary bike with high seat if needed and lower it to normal height when able</li> <li>Isometrics 2x/day</li> <li>Quadrupled rocking, cat/camel</li> <li>Begin prone therapies (hamstring curls, pendulum; no hip extensions)</li> </ul>
<b>Phase 2 (week 3-4)</b> Goals: <ul style="list-style-type: none"> <li>Full ROM</li> <li>Introduce external rotation and extension &gt;0°</li> <li>Advance to full weight bearing <b>without limp</b></li> </ul>	<ul style="list-style-type: none"> <li>Wean from crutches               <ul style="list-style-type: none"> <li>Goal: full weight bearing by day 21</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Advance to full ROM as tolerated</li> <li>CPM 0-70° 3<sup>rd</sup> week, 0-80° 4<sup>th</sup> week</li> </ul>	<ul style="list-style-type: none"> <li>Continue as above</li> <li>Begin bridging progression</li> <li>Begin hip extensions but do not stretch beyond discomfort</li> </ul>
<b>Phase 3 (week 5-6)</b> Goals: <ul style="list-style-type: none"> <li>Pain free weight bearing</li> </ul>	<ul style="list-style-type: none"> <li>FWB</li> </ul>	<ul style="list-style-type: none"> <li>Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>Circumduction 2x per day until 6 weeks</li> <li>Add resistance to stationary bike</li> <li>Single leg balance</li> <li>Box step-up</li> <li>Bosu</li> <li>Side and prone planks</li> <li>Lunges beginning week 6</li> </ul>

<p><b>Phase 4 (week 7-8)</b> Goals:</p> <ul style="list-style-type: none"> <li>Return to recreational activities if pain free</li> </ul>	<ul style="list-style-type: none"> <li>FWB</li> </ul>	<ul style="list-style-type: none"> <li>Full</li> <li>May begin capsular mobilization and stretching</li> </ul>	<ul style="list-style-type: none"> <li>Advance strengthening, endurance, balance and proprioception</li> <li>Outdoor biking and elliptical machine</li> <li>Begin functional activity (hike, kick, throw)</li> </ul>
<p><b>Phase 5 (week 9+)</b> Goals</p> <ul style="list-style-type: none"> <li>Return to sport progression</li> </ul>	<ul style="list-style-type: none"> <li>FWB</li> </ul>	<ul style="list-style-type: none"> <li>Full</li> </ul>	<ul style="list-style-type: none"> <li>Sport specific progressions</li> <li>Walk to jog if pain free</li> <li>Typically 4-6 months to return to sports</li> </ul>