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Hip Arthroscopy with Labral Repair and/or Osteoplasty

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

<p>Phase 4 (week 7-8) Goals:</p> <ul style="list-style-type: none"> Return to recreational activities if pain free 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full May begin capsular mobilization and stretching 	<ul style="list-style-type: none"> Advance strengthening, endurance, balance and proprioception Outdoor biking and elliptical machine Begin functional activity (hike, kick, throw)
<p>Phase 5 (week 9-12) Goals</p> <ul style="list-style-type: none"> Return to sport progression 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full Continue mobilization and dry needling as needed 	<ul style="list-style-type: none"> Begin plyometrics Sport specific progressions <ul style="list-style-type: none"> Golf – begin short and mid irons Hockey – on ice stick handling/passing
<p>Phase 6 (week 13+) Goals</p> <ul style="list-style-type: none"> Full return to sport 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full 	<ul style="list-style-type: none"> Begin walk to jog if pain free Advance plyometrics Typically 4-6 months to return to sport <ul style="list-style-type: none"> Golf – driver 4-5 months Hockey – skating progression 13 weeks, full return 4-5 months Running/pivoting sports – full return 5-6 months