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HIP LABRAL REPAIR REHAB PROTOCOL

<u>GENERAL</u>	TTWB with crutches x 3 weeks, then wean off crutches Wear BRACE for the 2 nd 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
<u>WEEK 1 THRU 3</u>	Hamstring Sets Prone hangs Ankle pumps
<u>WEEK 4 THRU 5</u>	Same as Week 1 thru 3 Toe raises/heel raises
<u>WEEK 6</u>	Treadmill 7% incline walk Terminal 1/3 double knee bends
<u>WEEK 8</u>	Elliptical with NO resistance Biking with both legs with NO resistance
<u>WEEK 10</u>	Rowing Swimming with fins Stairmaster Add light resistance on bike Leg curls with no hyperextension Quad Sets with straight leg raises
<u>WEEK 12</u>	Outdoor biking Agility Exercises Forward and backward jogging
<u>WEEK 16</u>	Return to Sports