



Labral Repair

This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

- **Partial weight bearing (50%) four weeks.**
- **Encourage, but limit hip flexion to 90 degrees.**
 - Flexion inhibits adhesions within anterior capsule.
 - Flexion beyond 90 degrees starts to stress the repair site.
- **Avoid external rotation!**
 - 6 weeks
 - External rotation stresses anterior labrum.
 - Especially cautious in bed (bolster with pillow).

PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Ankle pumps



Glut sets



PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Quad sets



Heel slides, active-assisted range of motion



Hamstring sets



Log rolling internal rotation



Adductor isometrics



Pelvic tilt



PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Double leg bridges



Prone knee flexion



Seated knee extensions



Standing abduction without resistance



Prone on elbows



Standing adduction without resistance



PHASE 1: **WEEK 1**

Initial Exercises (*Weeks 1-3*)



Standing extension without resistance



Pain dominant hip mobilization – grade I



Standing flexion without resistance

Other Exercises Week 1

- Upper body ergometer, upper body strengthening

PHASE 1: **WEEK 2**

In Addition to Previous Exercises (*Weeks 1-3*)



Supine marching (90 degrees)



Modified deadbug (90 degrees)



PHASE 1: **WEEK 2**

Initial Exercises (*Weeks 1-3*)



Superman



Theraband resistance on affected side –
Adduction (start very low resistance)



Abduction isometrics



Theraband resistance on affected side – Flexion
(start very low resistance)



Theraband resistance on affected side –
Abduction (start very low resistance)



Theraband resistance on affected side –
Extension (start very low resistance)



PHASE 1:

WEEK 2

Initial Exercises (*Weeks 1-3*)

Other Exercises Week 2

- Standard stationary bike without resistance (10 min. if tolerated; no more than 90 degrees of hip flexion)
- Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

PHASE 1:

WEEK 3

Initial Exercise (*Weeks 1-3*)



Leg raise – Abduction



Seated physioball progression – hip flexion to 90 degrees



Leg raise – Extension

Goals of Phase 1

- Protect integrity of repaired labrum
- Restore range of motion within restrictions
- Diminish pain and inflammation
- Prevent muscular inhibition
- Normalize gait using two crutches (50% weight bearing)

Other Exercises Week 3

- Active range of motion with gradual end range stretch within tolerance
- Leg raise – Adduction

Criteria for progression to Phase 2

- Minimal pain with phase 1 exercises
- 90 degrees of pain-free flexion
- Minimal range of motion limitations with internal rotation, extension and abduction
- Normalized heel to toe gait with two crutches (50% weight bearing)



PHASE 2: WEEKS 4-5

Intermediate Exercises (*Weeks 4-6*)



Crunches

Other Exercises Weeks 4 and 5

- Gradually increase resistance with stationary bike
- Front and side standing weight shifts
- Pool water exercises – flutterkick swimming, 4 way hip with water weights, step-ups

PHASE 2: WEEK 6

Intermediate Exercises (*Weeks 4-6*)



Clamshells



Weight shifts – standing, sitting, supported, anterior/posterior, laterals, physioball



Leg press (minimal resistance, gradually increasing resistance to patient tolerance)



¼ Mini squats



PHASE 2:

WEEK 6

Intermediate Exercises (*Weeks 4-6*)



Superman (quadruped position)



Standing theraband – Flexion



Standing theraband – Abduction



Standing theraband – Extension



Standing theraband – Adduction



Standing heel raises



PHASE 2:

WEEK 6

Intermediate Exercises (*Weeks 4-6*)



Single leg bridges/stabilization/alternate kickouts

Other Exercises Week 6

- Gradually wean off crutches if no gait deviations
- Passive range of motion (gradually incorporate gentle external rotation and flexion sort of pain; limit to 20 degrees of ER and 105 degrees of flexion)
- Wall mini-squats
- Physioball mini-squats with cocontraction
- Elliptical machine

Goals of Phase 2

- Protect integrity of repaired tissue
- Increase range of motion
- Normalize gait with no crutches
- Progressively increase muscle strength

Criteria for progression to Phase 3

- 105 degrees of flexion; 20 degrees of external rotation
- Pain-free/normal gait pattern
- Hip flexion strength >60% of the uninvolved side
- Hip adduction, extension, internal and external rotation strength >70% of the uninvolved side

PHASE 3:

WEEK 7

Advanced Exercises (*Weeks 7-8*)



Clamshells with resistive tubing/band



Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/ simulated ex.)



PHASE 3:

WEEK 7

Advanced Exercises (*Weeks 7-8*)



Physioball hamstring ex. – hip lift, bent knee hip lift, curls, balance



Side stepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)



Bosu squats

Other Exercises Week 7

- Restore full passive range of motion
- Knee extensions, hamstring curls



PHASE 3: **WEEK 8**

Advanced Exercises (*Weeks 7-8*)



Step-ups with eccentric lowering



Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed



Lunges progress from single plane to tri-planar, add medicine balls for resistance and rotation



Single leg body weight squats, increase external resistance, stand on soft surface



Theraband walking patterns – forward, sidestepping, carioca, monster steps, backward, ½ circles forward/backward – 25 yds. Start band at knee height and progress to ankle height

Other Exercises Week 8

- Full squats
- Single stability ball bridges

Goals for Phase 3

- Restoration of muscular endurance/strength
- Restoration of cardiovascular endurance
- Optimize neuromuscular control/balance/proprioception



PHASE 3:

WEEK 8

Advanced Exercises (*Weeks 7-8*)

Criteria for Progression to Phase 4

- Hip flexion strength >70% of the uninvolved side
- Hip adduction, abduction, extension, internal and external rotation >80% of the uninvolved side
- Cardiovascular fitness equal to preinjury level
- Demonstration of initial agility drills with proper body mechanics

PHASE 4:

WEEKS 9-11

Sports specific training rehab clinic based progression



Single leg pick-ups, add soft surface

Other Exercises Weeks 9-11

- All phase 3 exercises
- Pool running (progress from chest deep to waist deep), treadmill jogging
- Step drills, quick feet step-ups (4-6 inch box) forward, lateral, carioca
- Plyometrics, double leg and single leg shuttle jumps
- Theraband walking patterns 1 rep of six exercises x 50yds, progress to band at knee height and ankle height
- Sports specific training on field or court

PHASE 4:

WEEKS 12 & BEYOND

Sports specific training on field or court

Other Exercises Weeks 12 & Beyond

- Running progression
- Sport specific drills
- Traditional weight training

Criteria for full return to competition

- Full range of motion
- Hip strength equal to uninvolved side, single leg pick-up with level pelvis
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test