

POSTOPERATIVE REHABILITATION PROTOCOL: HIP ARTHROSCOPY AND LABRAL REPAIR

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-2	- Protect surgical site and repair - Manage swelling and pain - Achieve good muscle activation in all planes	- WB: 25% partial weight bearing (2 crutches) - PROM only - ROM limited to: Flexion 90°, Extension 0°, ER 20°, IR 20° (avoid painful rotation in flexion) - Abduction limited to 30°	- Isometrics in all planes (quad, glute, TA sets) - Ankle pumps - Prone lying / prone rotation - Stationary bike for ROM only, <90° hip flexion, no resistance - CPM optional
Weeks 2-6	- Initiate progressive loading - Wean off crutches by 3-4 weeks once gait is non-antalgic without significant compensation >75% of full ROM	- Begin WB progression at week 2, advance as tolerated under PT guidance - AAROM → AROM in all planes; avoid anterior hip pinching - Off crutches target: 3-4 weeks - Avoid repetitive hip flexor activation	- Quadruped hip flexion mobility - Initiate quad/hamstring stretching - OKC uniplanar isotonic - Double-leg CKC exercises - Continue stationary bike, progress duration/resistance as tolerated - Progressive abductor strengthening
Weeks 6-12	- Ambulate without pain - Community ambulation tolerated by 6-8 weeks - Full ROM - Strength 75% of other side by week 12	No running, jumping, cutting, or pivoting	- Hip joint mobilization as indicated - Elliptical if desired - Progress CKC into greater ROM: single leg, multi-planar, resisted - Begin functional/balance training (single-leg balance, Y-Balance)
Weeks 12-16	- Continue strength and neuromuscular control progression - Prepare for return-to-run progression	Avoid large spikes in workload	- Advance functional strengthening (lunges, step-ups, single-leg work) - Sport-specific movement prep - MD/PT clearance prior to running progression at week 16
Weeks 16-20	Initiate return-to-running progression (MD/PT clearance, full painless ROM, & adequate single leg strength)	- Avoid large spikes in workload - Running progressed gradually as tolerated	Begin running progression (e.g., Alter-G or graduated overground program)
Weeks 20-24	- Initiate agility work (weeks 20+) - Initiate plyometric progression (weeks 24+)	- Avoid large spikes in workload - Progress agility/plyo only with good proximal control	- Agility drills beginning week 20 - Plyometric progression beginning week 24 - Sport-specific tasks and drills
Week 24 (~6 months)	- Clearance to full return to sport - Strength testing 90% of uninvolved side	Full return-to-sport/functional testing recommended prior to clearance	- Return-to-sport testing battery (strength, hop testing, Y-Balance, sport-specific movement screen) - Gradual reintroduction to practice, then live competition once cleared