



HIP ARTHROSCOPY LABRAL DEBRIDEMENT

Jesse Botker, MD

Orthopaedic Surgeon

Weight-Bearing:

- Foot flat weight bearing for one week, not to exceed 20 lbs., progress to full weight-bearing after the first week.
- If microfracture procedure was performed toe touch weight-bearing for six weeks

ROM Expectations/Restrictions:

- No limitations for flexion, extension, abduction, internal or external rotation

Exercises:

- Stationary bike up to 20 minutes, good leg primarily days 1 – 3
- Stomach stretch: Lie flat on stomach up to 15 minutes
- Passive ROM/Circumduction
- Isometrics: Quadriceps sets, Gluteal sets, Hamstring sets
- Muscle stretches: Quadriceps, Hamstrings, Adductors
- Quadruped rocking
- Discontinue crutches after one week non-antalgic gait

Phase 2 (3 – 4 Weeks)

- Hip rotations with stool
- Single leg balance
- Prone hip extensions
- Prone hamstring curls
- Bridging to bridging progressions
- Butt back squat
- One third knee bends both legs

Phase 3 (5 – 8 Weeks)

- Leg press
- Lateral lunge
- Bosu
- Single knee bends
- Lunges forward to 90 degrees
- Lateral walk with bands
- Box step up
- Lateral agility diagonal agility

Phase 4 (16 – 20)

- Sports specific drills