

Hip Labral Repair Rehabilitation

Phase 1 - Week 1

Precautions for Scope with *Labral Repair*:

1. Avoid external (outward) rotation with flexion for 4 weeks
2. Walk with crutches weight bearing as tolerated. Focus on walking with a heel-to-toe pattern. May need to shorten stride initially
3. Reduce swelling and pain via rest and ice
4. **NO STRAIGHT LEG RAISE**

Manual Therapy Performed by PT and at Home

Hip Circumduction

Perform small leg circles passively, 25x clockwise, 25x counterclockwise 3-5x a day

Log Rolling

Slowly internally rotate the leg until resistance, rotate back to neutral

Long Axis Traction

0-30 degrees abduction

Ankle Pumps (No Picture)

Move your ankle up and down in a pumping fashion. This will help improve circulation in the lower leg and reduce the risk of blood clot formation. Do throughout the day.

Quad Sets (No picture)

With your leg flat on the bed, tighten the muscles on the front of your thigh. Hold the contraction for 5 seconds. Rest 5 seconds. Do 10 reps, 4-5 x day.

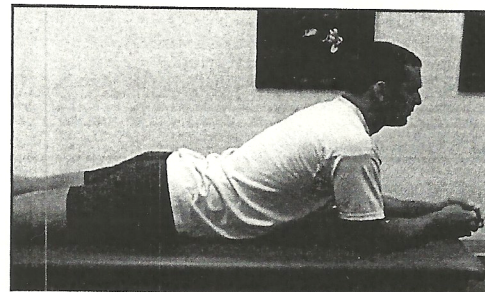
Gluteal Sets (No Picture)

While laying down, tighten the muscles in your buttock. Hold the contraction for 5 seconds. Rest 5 seconds. Do 10 reps, 4-5 x day.

Prone Laying On Elbows

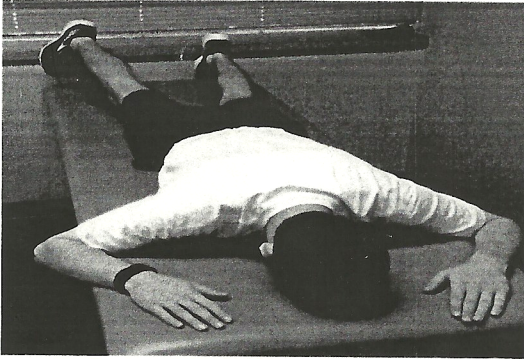
Lay on your stomach and on your elbows. Let your back relax and arch downward.

Lay there for 5 minutes: Repeat 4-5 x day.



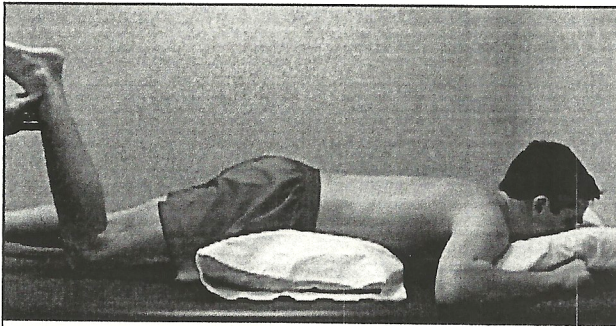
Windshield Wipers (No picture)

While lying flat on your back, leg straight. Slowly rotate your leg inward and then back into starting position. Perform 10 reps.



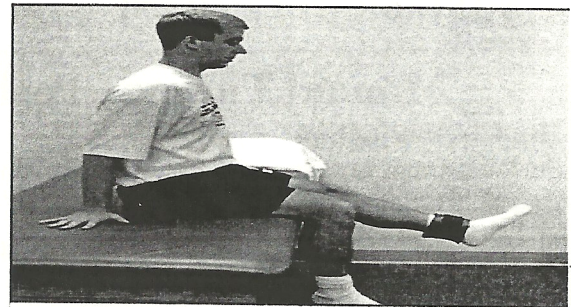
Prone Hip Abduction

While lying flat on your stomach, contract your buttock muscle to slide your leg out to the side. Do not let your pelvis move. Return leg to starting position. Perform 10 reps. Use pillow under hips if needed.



Prone Knee Bends

While lying flat on your stomach, bend your knee to bring your foot towards your buttocks. Slowly lower it back down. Perform 10 reps 3 x per day.



Knee Extension

While sitting with your knees bent, straighten your involved knee all the way. Hold for 2-3 seconds then return to the starting position. Do 10 reps, 3 x day.

Do NOT use ankle weights.



Standing flat footed on both feet. Raise up slowly onto the "balls" of your feet. Return **slowly** to starting position. Perform 10 reps.

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Start day 3-4 post op

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