

Hip Labral Repair + Osteoplasty Rehabilitation Protocol

RETURN TO ACTIVITY:

Golf | After 3-4 months - chip and putt only

Running | After 4 months

Cutting/Pivoting Sport | After 5-6 months

Touch-down (20%) with foot flat weight bearing for 3-4 weeks
Avoid flexion >90° and ER >30° for 2 weeks

Phase 1 | Protected Mobility

Weeks 1 - 2

- Upright bike with no resistance
- Gentle AROM/PROM within precautions including log roll and circumduction
- Emphasize pain-free internal rotation
- Gentle soft tissue mobilization within precautions
- Isometric muscle activation including transverse abdominus, glute and quad sets
- Closed-chain mobility including cat/camel and pain-free quadruped rocking
- Core activation progression (supine/prone)
- Avoid heel slides and supine straight leg raises x 6 weeks

Weeks 3 - 4

- Continue with bike and mobility exercises above
- Emphasis on gluteal muscle activation, gentle hip flexor activation, and core stability
- Begin aquatic therapy as soon as incisions heal

Phase 2 | Stability and Control

Weeks 5 - 8

- Continue upright bike adding minimal resistance
- Continue to maximize AROM/PROM adding lumbosacral and hip mobilization if indicated
- Gradually introduce closed chain muscle activation and balance progression
- Gradual shuttle progression

Week 8

- Progress closed chain muscle activation/stability exercises
- Begin swimming and elliptical for cardiovascular endurance

Phase 3 | Strength

Weeks 9-16

- Ensure full AROM/PROM and symmetrical flexibility
- Squat, lunge and core stability progression

Phase 4 | Return to Sport

Weeks 17+

- Prepare for and pass Hip Sport Cord Test (17/20)
- Gradual progression of sport-specific training and advanced agilities

Patient Name: _____

Date: _____

Clinician: _____

Physician: _____

Surgeon comments: _____
