UCSF Fresno Or	rthopaedic Surgery Robert Kollmorgen DO															
				Week												
Hip Labral Repair with Osteoplasty and Capsular Repair		1	2	3	4	5	6	7	8	9	10	11	12	>12		
Precautions:	Phase 1: Rehabilitation (1-3 Weeks)															
ROM	Quad Sets	Χ	Χ	Χ												
Flexion: 90°	Gluteus Sets	Χ	Х	Χ												
Extension: 0°	TA Isometrics with Diaphragmatic Breathing	Χ	Х	Χ												
Abduction: 30°	Prone Lying	Χ	Х	Χ												
IR at 90°: 0°	Prone Knee Flexion (pillow under waist)		Х	Χ	Χ											
IR prone: to comfort	Passive Circumduction	Χ	Х	Χ	Χ	Χ	Χ									
ER at 90°: 20°	Passive IR Log Rolling	Χ	Χ	Χ	Χ	Χ	Χ									
ER prone: 0°	Short Crank Upright Bike: No Resistance	Χ	Χ	Χ	Χ											
* LIMIT PAINFUL ROM	Soft Tissue Mobilization	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ	Χ			
<u>3 Weeks</u>	Supine Heel Slides				Χ	Χ	Χ									
	Quad Rocking		Χ	Χ	Χ											
	Hooklying Pelvic Clock			Χ	Χ	Χ	Χ									
	Hooklying With Bent Knee Fall Outs			Χ	Χ	Χ	Χ									
	Hooklying Marching			Χ	Χ	Χ	Χ									
Weight Bearing	Hooklying AbductionAdduction Isometric			Χ	Χ	Χ	Χ									
Weeks 1 and 2	Hip Joint Mobilization - Grade I, II Caudal Glides		Χ	Χ	Χ	Χ	Χ	Χ	Χ							
50% FOOT FLAT WB	Aquatic Therapy (Wounds Must Be Healed)				Χ	Χ	Χ	Χ	Χ							
*No Toe Touch WB	Phase 2: Rehabilitation (4-8 Weeks)															
	Supine Double Leg Bridge				Χ	Χ	Χ									
	Supine Single Leg Bridge						Χ	Χ	Χ							
Brace to be locked in	Prone IR/ER AROM				Χ	Χ	Χ	Χ	Χ							
extension for sleep.	Side-Lying Clams				Χ	Χ	Χ	Χ	Χ	Χ						
Blocked at 90° Flexion	Seated Posterior Leans						Χ	Χ	Χ							
<u>4 Weeks</u>	Half Kneeling With Pelvic Tilts					Χ	Χ	Χ	Χ							
	Straight-Leg Raise Hip Abduction, Extension				Χ	Χ	Χ	Χ	Χ							

	Double Leg Standing Trunk Rotation (Resisted)				Х	Χ	Χ	Χ	Х	Χ	Х			
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		Week												
	Hip Labral Repair	4	5	6	7	8	9	10	11	12	13	14	15	16
Precautions:	Phase 2: Rehabilitation (4-8 Weeks)													
None	Forward Step Ups	Χ	Χ	Χ	Х	Χ	Χ							
	Forward Step Downs	Χ	Х	Χ	Х	Χ	Χ	Χ						
	Double Leg Squat	Χ	Χ	Χ	Х	Χ	Χ							
	Bike With Reistance		Χ	Χ	Х	Χ	Χ	Χ	Χ	Χ				
	Double Leg Balance Board		Χ	Χ	Х	Χ								
	Hip Mobilizations Grade III+ Posterior/Inferior	Χ	Χ	Χ	Х	Χ	Χ	Χ	Χ	Χ				
	Single Leg Balance Progression				Х	Χ	Χ	Χ	Χ					
	Single Leg Squat					Х	Χ	Χ	Χ	Χ				
	Double to Single Leg Press				Х	Χ	Χ	Χ	Χ					
	Elliptical (Must Be Pain Free)					Χ	Χ	Χ	Χ	Χ				
	Phase 3: Rehabilitation (9-12 Weeks)													
	4 Point Alternate Arm And Leg Extension						Χ	Χ	Χ	Х				
	Lunges All Directions						Χ	Χ	Χ	Χ				
	Lateral Elastic Band Walk						Χ	Χ	Χ	Χ				
	Monster Walks With Elastic Band						Χ	Χ	Χ	Χ				
	Single Leg Squat on Unstable Surface						Χ	Χ	Χ	Χ				
	Front and Side Plank Progression						Χ	Χ	Χ	Χ	Χ	Χ		
	Single Leg Stance with Rotation Against Band						Χ	Χ	Χ	Χ				
	Phase 4: Rehabilitation (12+ Weeks)													
	Return to Run Protocol									Χ	Χ	Χ	Χ	Χ
	Cariocas											Χ	Χ	Χ
	Ladder Drills											Χ	Χ	Χ
	Cone Drills											Χ	Χ	Χ
	Double Leg Broad Jump													Χ
	Double Leg Box Jump													Χ
	Single Leg Hop													Χ

Return to Play Testing X