



Mid-America Orthopedics

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HIP ARTHROSCOPY PROCEDURE: LABRAL DEBRIDEMENT

Day 1-13 Post-op

- **WEIGHT BEARING AS TOLERATED**
- **BRACE: 20-90 DEG. FOR 6 WEEKS POST-OP**
- **ROM:**
 - Flexion: 0-125 by 2 weeks
 - Extension: 0 by week 1
 - **If anterior capsular repair performed, limit hip ext. to neutral in prone for 4 weeks.**
 - ER: **Avoid extreme ER for 2 weeks**
 - **If anterior capsular repair performed, limit hip ER to 20 deg. in prone for 4 weeks. ER ROM may be progressed in pain-free range while flexed to 90 deg.**
 - IR no limitations
 - Abduction 0-45 by 2 weeks
- **Exercises:**
 - PROM
 - Isometrics: Quads, Glut max
 - Prone lying (up to 15 minutes)
 - SLR flexion & abd
 - Stationary bike

Day 14-27 Post-op

- **Exercises:**
 - Quadruped rocking
 - Prone hip extension (to neutral if capsular repair)
 - Prone hamstring curls

Day 28-41 Post-op

- **Exercises:**

- Standing hip abduction in IR
- Bridging Progression

6-8 weeks Post-op

- **ROM:** Full
- **Exercises:**
 - Low Level Total Gym Squats/Calf Raises

8 weeks Post-op

- **WB:** full
- **Exercises:** begin to progress as tolerated
 - Wall sits
 - Mini Squats
 - Step-ups
 - SLS
 - Lunges

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.