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Hip Arthroscopy Labral Repair Therapy Protocol

**Bart Eastwood D.O.
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****Precautions:** patients will be partial weight bearing until 3 weeks post-op for labral repairs. If the procedure includes any other procedures such as: chondral repairs, microfractures, acetabuloplasty etc, the patient will be NWM for 6 weeks or until their physician progresses their weight bearing.

PHASE I: (Day 1-5)

Goals:

Decrease pain and inflammation
Prevent pain when rising from chair
Teach patient recruitment of core musculature when rising from chair to avoid anterior hip pain

Precautions:

Avoid excessive flexion and abduction
Avoid hip hike with use of upright bike

Treatment Strategies:

NSAIDS/Cryotherapy
CPM (start 30°-70°) increase as tolerated to 0°-90°
Start isometrics

- Quad sets, glute sets, abductor sets, adductor sets, transverse abdominals

Ergometry-seat at highest setting on upright stationary bike, but allows patient to reach pain free. Must be able to perform without pain and without substitution. May perform 1-2x/day x 15-20 minutes. Upright bike is used to avoid irritation to hip flexors, which may occur on a recumbent bike.

PHASE II: Tissue Healing Phase (Weeks 1-4)

*Patient to be seen 2x/week if they don't have access to a stationary bike at home. Frequency can be 1x/week or 1x/every 2 weeks if normal gait pattern has been achieved.

Goals:

Protocol Field Manual

Jon Apfelbaum, MD Apfelbaum



Protocol Field Manual:

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