

**Curtis J Kephart, M.D.**  
**Hip Arthroscopy Post- Operative Rehabilitation Protocol**  
**(Labral Repair and Osteoplasty)**

Patient Checklist	Week												
	1	2	3	4	5	6	7	9	13	17	21	25	
<b>Phase I: Initial Exercise</b>													
Ankle pumps	●	●											
Gluteal, quad, HS, T-ab isometrics	●	●											
Stationary biking with minimal resistance	●	●	●	●									
Passive ROM (emphasize IR)	●	●	●	●									
Piriformis stretch	●	●											
Passive supine hip roll (IR)	●	●											
Water walking	●	●	●	●									
Quadruped rocking		●	●										
Standing hip IR (stool)		●	●										
Heel slides		●	●										
Hip abd/add isometrics		●	●										
Uninvolved knee to chest		●	●										
Prone IR/ER (resisted)		●	●	●	●								
Sidelying clams			●	●									
3 way leg raises (abd, add, ext)			●	●									
Water jogging			●	●									
Dbl leg bridges w/tubing			●	●									
Kneeling hip flexer stretch				●	●								
Leg press (limited weight)				●	●								
Short lever hip flexion / Straight leg raises				●	●								
<b>Phase II: Intermediate exercises</b>	1	2	3	4	5	6	7	9	13	17	21	25	
Double 1/3 knee bends					●	●							
Side supports					●	●							
Stationary biking with resistance					●	●	●						
Swimming with fins					●	●	●						
Manual long axis distraction					●	●	●						
Manual A/P mobilizations					●	●	●						
Dyna-disc (single leg stance)						●	●	●					
Advanced bridging (single leg, swiss ball)						●	●	●					
Single leg cord rotation							●	●	●				
Pilates skaters							●	●	●				
Side stepping							●	●	●				
Single knee bends (lateral step downs)							●	●	●				
Elliptical / Stairclimber							●	●	●				
<b>Phase III: Advanced Exercises</b>	1	2	3	4	5	6	7	9	13	17	21	25	
Lunges								●	●				
Water bounding / plyometrics								●	●				
Side to side lateral agility								●	●				
Fwd/Bkwd running with cord								●	●				
Running progression								●	●				
Initial agility drills								●	●				
<b>Phase IV: Sports Specific Training</b>	1	2	3	4	5	6	7	9	13	17	21	25	
Z-Cuts									●	●	●	●	
W-Cuts									●	●	●	●	
Cariocas									●	●	●	●	
Ghiardelli's									●	●	●	●	
Sports specific drills									●	●	●	●	
Functional testing									●	●	●	●	

**\*\*\*Recent Changes:**

- FFWB is for 3 weeks
- At week 3 the active hip extension should be performed from the quadruped position and not from the prone position
- We no longer do any straight leg raises
- Short lever hip flexion isometrics are now started at 6 weeks if they are pain free
- Mid range multidirectional lunges are started @ 5-6 weeks