

Labral Repair

Name: _____ Date: ____/____/____

	Phase I: Initial Exercise	1	2	3	4	5	6	7	9	13	17	21	25
	Weight Bearing: FFWB x _____ (Foot flat = 20 lbs.)	Ankle Pumps	•	•									
	Gluteal, quad, HS, T-ab isometrics	•	•										
CPM: _____	Stationary biking with minimal resistance	•	•	•									
Bledsoe Brace: • 0 to 90 degrees for 10 days • Lie prone 1 to 2 hours a night	Passive ROM (emphasize IR and circumduction)	•	•	•	•	•	•						
	Piriformus stretch	•	•										
	Passive supine hip roll (IR)	•	•										
	Water walking	•	•										
	Quadriped rocking		•	•									
ROM Limits: • Flex: 90 degrees for 10 days • Ext: gentle for 3 weeks • Abd: 25 degrees for 3 weeks • ER: gentle for 3 weeks • IR: no limits	Standing hip IR (stool)		•	•									
	Heel slides		•	•									
	Hip abd isometrics		•	•									
	Uninvolved knee to chest		•	•									
	Prone IR/ER (resisted)		•	•	•	•							
	Two-way leg raises (abd, ext)			•	•								
	Water jogging			•	•								
	Double leg bridges with tubing			•	•								
	Kneeling hip flexor stretch			•	•								
Modalities: • Begin scar mobilization day 1, massage, active release technique. • E-stim as needed starting week 3.	Leg press (limited weight)			•	•								
	Short lever hip flexion				•	•							
Time Lines: Week 1 (1-7POD)	Phase II: Intermediate Exercise	1	2	3	4	5	6	7	9	13	17	21	25
	Double 1/3 knee bends				•	•							
	Side supports				•	•							
	Stationary biking with resistance/ outdoor biking				•	•							
	Swimming				•	•							
	Manual long axis distraction					•	•						
	Manual A/P mobilizations					•	•						
	Dyna-disc (single leg stance)					•	•						
	Advanced bridging (single leg, swiss ball)					•	•						
	Single leg cord rotation						•	•					

Phase II: Intermediate Exercise (continued)	1	2	3	4	5	6	7	9	13	17	21	25
Pilates skaters						•	•					
Side stepping						•	•					
Single knee bends (lateral step downs)						•	•					
Elliptical/stairclimber						•	•					
Phase III: Advanced Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Lunges							•	•				
Water bounding/plyometrics							•	•				
Side to side lateral agility							•	•				
Forward/backward running with cord							•	•				
Running progression							•	•				
Initial agility drills							•	•				
Phase IV: Sports Specific Training	1	2	3	4	5	6	7	9	13	17	21	25
Z-Cuts/W-Cuts								•	•	•	•	•
Cariocas/Ghiardelli's								•	•	•	•	•
Sports specific drills								•	•	•	•	•
Functional testing								•	•	•	•	•