

**Jeffrey Dean, MD**  
**Orthopedic Surgeon**

**Hip Arthroscopy for Labral Tear (Rehabilitative Guidelines)**

**Weeks 1 to 2: Early Motion Phase**

**Weight Bearing:** Crutches 5 to 7 days, progress to full weight bearing with comfort and stability

**ROM Goals:**

Extension: 10 degrees

Flexion: 100 degrees

Abduction: 30 degrees

Adduction: 30 degrees

Internal rotation in flexion: 20 degrees

External rotation in flexion: 70 degrees

**Therapeutic Exercises:**

Strengthening: Quad sets

Conditioning: Stationary bike 5 to 10 minutes

Cryotherapy: 6 to 8 times a day for 20 minutes

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**Weeks 3 to 4 Advanced Motion Phase**

**Weight bearing:** Full

**ROM goals:**

Extension: 20 degrees

Flexion: 120 degrees

Abduction: 45 degrees

Adduction: 45 degrees

Internal rotation in flexion: 30 degrees

External rotation in flexion: 90 degrees

**Therapeutic Exercises:**

Strengthening: Quad sets, four-way straight leg raising

Proprioception: Weight shifting

Conditioning: Stationary bike, less than 15 minutes

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**Weeks 3 to 4 Advanced Motion Phase**

**Weight Bearing:** Full

**ROM Goals:**

Extension: 20 degrees

Flexion: 120 degrees

Abduction: 45 degrees

Adduction: 45 degrees

Internal rotation in flexion: 30 degrees

External rotation in flexion: 90 degrees

**Therapeutic Exercises:**

Strengthening: Quad sets, four-way straight leg raising

Proprioception: Weight shifting

Conditioning: Stationary bike, less than 15 minutes

**Weeks 5 to 6: Strengthening Phase**

**Weight Bearing:** Full

**ROM Goals:** Full

**Therapeutic Exercises:**

Strengthening: Closed chain: half squats, step downs, etc.

Proprioception: Weight shifting Balance activities

Conditioning: Stationary bike Treadmill

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**Weeks 7 to 8: Advanced Strengthening Phase**

**Therapeutic Exercises:**

Strengthening: Closed chain Multi plane single leg Hamstrings Hip hikes

Proprioception: Weight shifting Single leg balance activities

Conditioning: Stationary bike Treadmill

**Week 9, Month 4: Conditioning Phase**

**Therapeutic Exercises:**

Strengthening: Closed chain Multi-plane single leg Hamstrings Hip hikes Multi-hip  
Trunk bends Plyometrics

Proprioception: Weight shifting Balance activities

Conditioning: Stationary bike Treadmill Stair climber Elliptical machine Ski machine

**Month 5: Return to Sport and Function Phase**

**Therapeutic Exercises:**

Conditioning: Running straight

Note: Return to sport based on provider team input and appropriate testing.

**All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.**