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Hip Arthroscopy with Labral Repair Protocol

Patient Checklist	Week													
	Phase I: Initial Exercise	1	2	3	4	5	6	7	9	13	17	21	25	
Weight-bearing: Partial weight bearing with foot flat x 2 weeks. (Foot flat = 20 lbs) CPM: 4 weeks Sleep Positioner: 2 weeks Bledsoe Brace: 0-90° x 2 weeks ROM limits: Flex: 90° x 2 weeks Ext: No limits Abd: No limits ER: No limits IR: No limits Modalities: Massage, Active release techniques, E-stim as needed (starting at week 3) Time Line: Wk 1 (1-7 POD) Wk 2 (8-14 POD) Wk 3 (15-21 POD) Wk 4 (22-28 POD)	Ankle pumps	x	x											
	Gluteal, quad, HS, T-ab isometrics	x	x											
	Stationary biking with minimal resistance	x	x	x	x									
	Passive ROM (emphasize IR)	x	x	x	x									
	Piriformis stretch	x	x											
	Passive supine hip roll (IR)	x	x											
	Quadriped rocking		x	x										
	Standing hip IR		x	x										
	Heel slides		x	x										
	Hip abd/add isometrics		x	x										
	Uninvolved knee to chest		x	x										
	Prone IR/ER (resisted)		x	x	x	x								
	Sidelying clams			x	x									
	3 way leg raises (abd, add, ext)			x	x									
	Water walking/jogging			x	x									
	Dbl leg bridges with tubing			x	x									
	Kneeling hip flexor stretch				x	x								
	Leg press (limited weight)				x	x								
	Short lever hip flexion				x	x								
		Phase II: Intermediate exercises	1	2	3	4	5	6	7	9	13	17	21	25
		Double 1/3 knee bends					x	x						
		Side supports					x	x						
		Stationary biking with resistance					x	x	x					
		Swimming with fins					x	x	x					
		Manual long axis distraction					x	x	x					
	Manual A/P mobilizations					x	x	x						
	Dyna-disc (single leg stance)						x	x	x					
	Advanced bridging (single leg/swiss ball)						x	x	x					
	Single leg core rotation							x	x	x				
	Pilates skaters							x	x	x				
	Side stepping							x	x	x				
	Single knee bends (lateral step downs)							x	x	x				
	Elliptical/Stair climber							x	x	x				
	Phase III: Advanced Exercises	1	2	3	4	5	6	7	9	13	17	21	25	
	Lunges								x	x				
	Water bounding/plyometrics								x	x				
	Side to side lateral agility								x	x				
	Fwd/Bkwd running with cord								x	x				
	Running progression								x	x				
	Initial agility drills								x	x				
	Phase IV: Sport Specific training	1	2	3	4	5	6	7	9	13	17	21	25	
	Advance all activities									x	x	x	x	
	Function/agility training									x	x	x	x	