



## Labral Repair with a Microfracture

This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

- **Strict protective weight bearing status for two months (8-9 weeks)**
  - Allow to place weight of leg on ground (neutralizes joint reaction forces, approximately 30#s)
- **Encourage but limit hip flexion to 90° for 4 weeks**
  - Beyond this will stress repair site
- **Avoid external rotation for 4 weeks**
  - Beyond this will stress anterior labrum
  - Band or bolster around feet while in bed
- **If patient has a capsular closure, must avoid extension for 3 weeks**
- **At 2 months, transition to full weight bearing (transition variable)**
  - Transition to 1 crutch or continued support for distances, which may be needed for 1-2 weeks.
  - Avoid loaded rotation x 12 weeks post op
- **Minimum three months before progression of functional activities as tolerated**
- **No supine SLR**
- **Manual therapy is necessary throughout rehab process**

### PHASE 1:

### WEEK 1

#### Initial Exercises (*Weeks 1-3*)



Seated knee extensions



Ankle pumps



PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Glut sets



Adductor isometrics – squeeze pillow (can do with knees bent)



Quad sets (push knee into pillow)



Heel slides, active-assisted range of motion



Hamstring sets – pull ankle into table  
(can do with knees bent)



Log rolling (IR only)



PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Pelvic tilt



Prone on elbows



Trunk rotation (IR only)



Prone knee flexion



Double leg bridges



Standing abduction without resistance



PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Standing adduction without resistance



Standing flexion without resistance



Standing extension without resistance – wait until week 3 with capsular closure



Long axis distraction – with circumduction (3-5 x 30 sec)

Other Exercises Week 1

- Upper body ergometer, upper body strengthening
- Perform exercises 2x a day, 2-3 sets of 10-15 reps
- Circumduction 2-3 min each day (see above)
- Standard stationary bike without resistance (10 min, no greater than 90° of hip flexion)



PHASE 1: WEEK 2

Initial Exercises (*Weeks 1-3*)



Theraband resistance on affected side –  
Abduction (start very low resistance)



Superman (do not perform if capsular closure)\*



Theraband resistance on affected side\*  
Extension (start very low resistance)

Other Exercises Week 2

- Initiate soft tissue mobilizations
- May add hip flexor stability ball roll (0-90°)
- Pool exercises in chest deep water (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)



Stability ball bridge



Crunches

*\*to indicate hold until week 3 if capsular closure*



PHASE 1: WEEK 2

Initial Exercises (Weeks 1-3)



Stiffness dominant hip mobilization – grades III, IV (inferior glides into progressive hip flexion)



Stiffness dominant hip mobilization – grades III, IV (IR log roll mobilization)

PHASE 1: WEEK 3

Initial Exercises (Weeks 1-3)



Leg raise abduction



Leg raise – extension



Theraband resistance on affected side – adduction (start very low resistance) only if there is no adductor restrictions



Theraband resistance on affected side – adduction (start very low resistance) only if there is no iliopsoas restrictions



PHASE 1:

WEEK 3

## Initial Exercises (*Weeks 1-3*)



Core plank

### Other Exercises Week 3

- Active range of motion with gradual end range stretch within tolerance
- Leg raise – Adduction
- Consider thoracic mobility exercises/mobs as needed
- Hip flexor stretching, active and passive

### Goals of Phase 1

- ❑ Protect integrity of healing microfracture
- ❑ Diminish pain and inflammation
- ❑ Prevent muscular inhibition
- ❑ Normalize gait using two crutches with strict protective weight bearing of no more than the weight of the leg

### Criteria for progression to Phase 2

- ❑ Minimal pain with phase 1 exercises
- ❑ Minimal range of motion limitations
- ❑ Demonstrates restricted weight bearing during gait



PHASE 2:

WEEKS 4-6

Intermediate Exercises (*Weeks 4-6*)



Clamshell without resistance



Single leg bridges/stabilization/alternate kickouts

Other Exercises Week 4

- Knee extensions, hamstring curls
- Single stability ball bridges

Other Exercises Weeks 4-6

- Pool water exercises – flutterkick swimming, 4 way hip with water weights, step-ups
- Continue to perform standing SLR with increasing resistance.

Goals of Phase 2

- ❑ Protect integrity of healing tissue
- ❑ Restore pain-free range of motion
- ❑ Progressively increase muscle strength and endurance (especially gluts)
- ❑ Continue to respect weight bearing precautions
- ❑ Management of soft tissue restrictions

Criteria for progression to Phase 3

- ❑ No pain with phase 2 exercises





PHASE 2: WEEK 7

Advanced Exercises (*Weeks 7-10*)

Other Exercises Week 7

- Standing theraband/pulley flexion, adduction, abduction and extension or multi-hip
- Pool water exercises – flutterkick swimming, 4 way hip with water weights, step-ups



Clamshells with resistive tubing/band

PHASE 3: WEEK 8

Advanced Exercises (*Weeks 7-10*)



¼ Mini squats



Standing heel lifts



Superman (quadruped position)

Other Exercises Week 8

- Gradually wean off crutches
- Wall mini-squats
- Physioball mini-squats with band around knees
- Leg Press (minimal resistance, gradually increasing resistance to patient tolerance)
- Initiate elliptical machine



PHASE 3:

WEEK 9

Advanced Exercises (*Weeks 7-10*)



Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/ simulated ex.)



Physioball hamstring exercises – hip lift, bent knee hip lift, curls, balance



Sidestepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)



Bosu Squats



PHASE 3:

WEEK 10

Advanced Exercises (*Weeks 7-10*)



Single leg step down



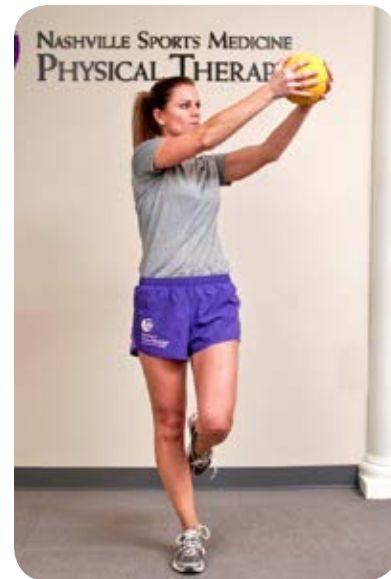
Lunges, progress from single plane to tri-planar lunges, add medicine balls for resistance and rotation



Resisted IR / ER with stool



Single leg balance on bosu



Single leg balance with diagonal

Other Exercises Week 10

- Standing abduction with hold (3x10 holding 10 sec on last rep.)



PHASE 3:

WEEK 10

Advanced Exercises (*Weeks 7-10*)



Theraband walking patterns - forward, sidestepping, carioca, monster steps, backward, half circles, forward/backward-25 yds. Start band at knee and progress to ankle.



Single leg body weight squats, increase external resistance, stand on soft surface



Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed

Goals for Phase 3

- ❑ Restoration of muscular endurance/strength
- ❑ Restoration of cardiovascular endurance (biking, elliptical, walking, swimming)
- ❑ Optimize neuromuscular control/balance/proprioception

Criteria for Progression to Phase 4

- ❑ Single leg mini-squat with level pelvis (utilize 1 min test after wk 12 to progress to jogging )
- ❑ Improved cardiovascular fitness
- ❑ Demonstration of initial agility drills with proper body mechanics
- ❑ Consider testing strength pre and post step down test to assess for muscle fatigue



**PHASE 4:**

**WEEKS 11-13**

**Sports specific training rehab clinic based progression**



Single leg pick-ups, add soft surface

**Other Exercises Week 11**

- All phase 3 exercises
- Pool running (progress from chest deep to waist deep)
- Theraband walking patterns 1 rep of six exercises x 50yds, progress to band at knee height and ankle height

**Other Exercises Weeks 12-13**

- Step drills, quick feet step-ups (4-6 inch box) forward, lateral, carioca
- Plyometrics, double leg and single leg shuttle jumps
- Treadmill jogging

**FINAL PHASE:**

**WEEKS 14 & BEYOND**

**Sports specific training on field or court**

**Other Exercises Weeks 14 & beyond**

- ☐ Running progression
- ☐ Sport specific drills
- ☐ Traditional weight training

**Criteria for full return to competition**

- ☐ Full range of motion
- ☐ Hip strength equal to uninvolved side, single leg pick-up with level pelvis
- ☐ Ability to perform sport-specific drills at full speed without pain
- ☐ Completion of functional sports test