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Labral Repair/Microfracture with Osteochondroplasty Femoral Neck Decompression Protocol

Phase I: (0-6 weeks)

Goals:

Regain range of motion within tolerance
Decrease pain and swelling
Neutralize muscle atrophy

Plan:

Touch Down weight bearing with crutches

Ankle pumps
Heel slides
Isometric quadriceps, gluteals, hamstrings, adductors, and abductors
Active assist range of motion all planes
Hip mobilization and gentle joint distraction techniques
Closed chain bridging, balance drills

Phase II: (6-12 weeks)

Goals:

Decrease pain and swelling
Regain and build muscle strength, focus on symmetry/core strength
Transition from TDWB to WBAT weaning off crutches as tolerated
Normalize gait pattern
Increase range of motion limits

Plan:

Gentle progressive resistive exercises
Closed chain single leg bridging
Open chain hip 4-way
Mobilization with movement
Proprioceptive/balance work
Stationary bike/aqua therapy

****Continued****

Phase III: (12-20 weeks)

Goals:

- Improve functional strength and endurance, core strength & stability
- Continue flexibility exercises
- Progressively increase resistive and functional strengthening exercises
- Initiate activity specific exercises
- Gradual return to activities as tolerated