



## NON-OPERATIVE HIP LABRAL INJURY

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
<b>Weeks 0-3</b> <b>1x/ week</b> <b>HEP 4-5x/week</b>	Decrease pain at hip Increase hip ROM Increase core strength	Avoid combined hip flex/IR	Hip ROM per tolerance Address habitual sitting posture and modify as needed Forward planks Side planks Palof press Hip flexor and IT band stretching Bridges Side lying hip ABD Clamshells Recumbent bike
<b>Weeks 3-6</b> <b>1x/ week</b> <b>HEP 4-5x/week</b>	Increase hip strength and stability	Avoid painful hip flexor strengthening	Band walks Hip hiking Squats (depth per pt tolerance) Bear crawls Hip flexor strengthening as tolerated Cable column trunk rotation (bilateral stance) Single leg balance Upright bike as tolerated
<b>Weeks 6-8</b> <b>1x/ week</b> <b>HEP 4-5x/week</b>	Increase balance and stability	Avoid painful hip flexor strengthening	Cable column trunk rotation (single leg stance) Foam surface for balance activities Multi-directional lunging Jumping/hopping as tolerated Running/jogging progressions