

## Physical Therapy Prescription Non-operative Hip Labral Tear

**Patient Name:**

**Today's Date:**

**Dx: Hip Labral Tear**

### فGeneral Considerations:

- Typically requires 6 – 8 weeks of supervised therapy
- **Phase 1: Tissue Healing Phase (1-2 x per week)**  
Goals: Pain Control  
Decrease tissue inflammation  
Decrease swelling  
Maintenance of motion (flexion 0 - 90°; IR as tolerated; ER 0 - 30°)  
Early strength – isometrics, avoid hip flexion
- **Phase 2: Early Functional Recovery (2 x per week)**  
Goals: Full PROM  
Progress to full AROM  
Progress Strength Gains  
May begin short arc CKC strength  
**AVOID FLEXOR TENDONITIS AND ABDUCTOR TENDONITIS!!!**  
Core stability and pelvic control
- **Phase 3: Late Functional Recovery (3 x per week)**  
Goals: Advanced strength gains – focus on abductor and posterior chain strength.  
Balance and proprioception.  
Continue to monitor for development of tendonitis.  
Progress to sport specific activity depending on strength.  
Do not progress to running until abductor strength is equal to contralateral side.  
Progression to sport specific activities requires full strength return and muscle coordination.

### فCaution

- Avoid anything which causes either anterior or lateral impingement.
- Be aware of Low Back of SI Joint Dysfunction.
- Pay close attention for the onset of Flexor Tendonitis and Abductor Tendonitis.
- Patients with preoperative weakness in proximal hip musculature are at increased risk for post-operative tendonitis.
- Modification of activity with focus on decreasing inflammation takes precedent if tendonitis occurs. This is not uncommon even within the first 3 months of tx.

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**