

## Rehab Protocol Hip labral tear

Total 23



### CLAM SHELLS - Phase 1

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times  
 Hold 3 Seconds  
 Complete 3 Sets  
 Perform 3 Time(s) a Week



### CLAM - Phase 2

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times  
 Hold 3 Seconds  
 Complete 3 Sets  
 Perform 3 Time(s) a Week



### CLAM - Phase 3

Lie down on your side, with your knees bent up. Contract your gluteal muscles and lift your knee up while keeping your feet together. Hold your knee at this level  
 Next, lift your foot to the same level as your knee. Pause momentarily.  
 Lower your whole leg down at one time, and return to the starting position.

Repeat 10 Times  
 Complete 3 Sets  
 Perform 3 Time(s) a Week

#### BRIDGES - Phase 1

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.



Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

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#### BRIDGE - Phase 2

While lying on your back, raise your buttocks off the floor/bed into a bridge position.

Next straighten a leg so that only one leg is supporting your body. Then, return that leg back to the ground and change to the other side.

Try and maintain your pelvis level the entire time.



Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

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#### SWISS BALL BRIDGE - Phase 3

While lying on the floor, place an exercise ball under your lower legs and then raise up your buttocks.



Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

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#### BOSU - BRIDGE SINGLE LEG - Phase 3

While lying on your back with your feet planted on top of the Bosu and knees bent, lift up your buttocks and then straighten one knee in the air as shown.

Next, perform on the other leg.



Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

#### HIP ABDUCTION - SIDELYING - Phase 1

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.



Repeat	10 Times
Hold	2 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

#### STRAIGHT LEG RAISE - SLR - Phase 1

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.



Repeat	10 Times
Hold	2 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

#### PRONE HIP EXTENSION - Phase 1

While lying face down with your knee straight, slowly raise up leg off the ground.



Repeat	10 Times
Hold	3 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

#### PLANK - Phase 2

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.



Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	3 Time(s) a Week



#### PLANK HIP EXTENSION - Phase 2

Keep core tight and glutes engaged.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### LATERAL PLANK - Phase 2

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Week



#### LATERAL PLANK HIP ABDUCTION - Phase 2

While lying on your side, lift your body up on your elbow and feet. Next, slowly raise up the top most leg upwards, then return. Try and maintain a straight spine the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### EXERCISE BALL - WALL SQUATS - Phase 2

Start by standing up and leaning your low back up against an exercise ball on a wall. Your feet should be spread apart about shoulder width apart.

Next, slowly bend your knees and lower your buttocks towards the floor.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### Band Sidesteps - Phase 2

Standing in a quarter squat position with feet shoulder width apart and miniband around ankles.

Moving to the left push with the right leg while stepping laterally with the left. Bring the right foot back to the starting position and continue for the prescribed number of repetitions. Repeat while moving to the left.

Keep chest up and back flat. Keep knees pushed apart and toes pointed straight forward.

Repeat 12 Times  
Hold 0 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### MONSTER WALK FORWARD/BACK - Phase 2

With an elastic band around both ankles, walk forward while keeping your feet spread apart. Keep your knees bent the entire time.

Repeat 12 Times  
Hold 0 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### SINGLE LEG SQUAT - FOOT PROPPED - Phase 3

Stand on your target leg and place your other foot propped up on a chair or other low object behind you as shown. Next, bend your knee and lower your body towards the floor. Return to a standing position.

Your target knee should bend in line with the 5th toe and not pass the front of the foot.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### SINGLE LEG SQUAT - Phase 4

Start by sitting in a chair. Next, using only one leg, raise up to standing without using your hands for support.

Maintain the same knee mechanics/position as instructed in previous exercises.

Repeat 10 Times  
Hold 0 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### Stability Ball Single Leg Squat - Phase 4

Place one foot on ball behind you. Lunge down as you kick the back leg back.

To make more difficult hold kettlebell in the same hand as the leg that is on the ball.

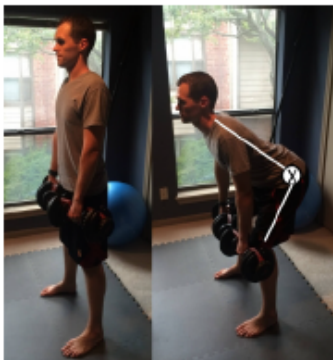
Repeat 10 Times  
Hold 0 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### LUNGES - Phase 4

With your back straight, slowly lower your body until your front knee is at a right angle. Keep your knee in line with your middle toe and feet facing forwards.

Repeat 10 Times  
Hold 0 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



#### Dumbbell Romanian Deadlift (RDL)- Phase 3

- 1) Hold dumbbells in hands resting in front of your thighs
- 2) Keep your back and core stabilized and hinge from the hips allowing the dumbbells to travel towards the floor. You should feel a slight stretch into your hamstrings (back of thighs) at the bottom of the movement
- 3) Squeeze your buttocks and return to the starting position

Remember:

- \*Maintain your neutral spine throughout the movement. Do NOT round your back
- \*Reach back with your hips. It is ok if your knees bend a little bit, but the primary motion should be the hip hinge

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Week





#### Single Leg Deadlift - Phase 4

Stance leg should have slight knee bend. Keep your back and kicking leg straight while keeping your gluts and core tight. Then bend forward on your stance leg hip making sure you feel your gluts and hamstrings working. Keep a straight line from your shoulder to your heel. It helps to keep your gluts tight by pointing your toes as you squeeze your gluts. Pause at the bottom then return nearly to the top. Repeat. Start without weight then you can progress to a dumbbell or band/pulley resistance.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 3 Time(s) a Week

## LOCATIONS

**2600 Belle Chasse Hwy  
Gretna, LA, 70056  
Tel: 504-391-7670  
Fax: 504-378-9439**

**4633 Wichers Drive  
Marrero, LA, 70072  
Tel: 504-347-5421  
Fax: 504-340-5171**