

Hip Labral Tear

Hip Labral Tear: A hip labral tear involves damage to the fibrocartilaginous rim around the hip socket, which contributes to joint stability, shock absorption, and smooth hip motion. Rehabilitation focuses on pain reduction, restoring hip mechanics, and strengthening surrounding muscles to improve stability and function.

Key Rehabilitation Points:

- **Control pain and inflammation** with activity modification and gentle mobility.
- **Avoid aggravating positions** such as deep flexion, pivoting, or prolonged sitting with hip flexion.
- **Correct muscle imbalances** by addressing hip flexor tightness and gluteal weakness.
- **Strengthen dynamic stabilizers** (gluteus medius, gluteus maximus, and core) to reduce stress on the labrum.
- **Enhance hip control and proprioception** to protect the joint during daily and sport activities.

Exercise Principles:

- **Mobility Restoration:** Gentle stretching for hip flexors, adductors, and capsule without forcing painful end ranges.
- **Progressive Strengthening:** Closed-chain and core-integrated exercises (bridges, clamshells, side planks, mini squats) emphasizing gluteals.

- **Neuromuscular Training:** Single-leg balance, controlled hip hinging, and stability drills to retrain coordination.
- **Gradual Return to Function:** Start with low-impact conditioning (cycling, swimming, elliptical) before progressing to running or cutting activities if tolerated.

Exercises are most effective when guided by a qualified professional, such as a physiotherapist, athletic therapist, or strength and conditioning coach. If you have any concerns, it's always a good idea to consult with an expert.

Level 1

Goals:

- **Mobility Restoration:** Gentle stretching for hip flexors, adductors, and capsule without forcing painful end ranges.
- **Progressive Strengthening:** Closed-chain and core-integrated exercises (bridges, clamshells, side planks, mini squats) emphasizing gluteals.

Requirements For Progression:

- 10-14 days of adherence
- Significant decrease in pain/ discomfort

Aerobic Exercise:

Avoid Running, Jumping or any exercise that provokes symptoms. You can continue exercise with non-weight bearing activities such as swimming or cycling if tolerated.

1. Hamstring Stretch

Sets: 2-3 | Frequency: Daily | Hold: 30-45sec

Preparation:

- Stand with one leg on a medium sized stool as shown

Execution:

- Keeping your back straight, slowly lean forwards from the hips



2. Hip Adductor Stretch

Sets: 2-3 | Hold: 30-45sec | Frequency: daily

Preparation:

- Stand with your feet spread wide apart

Execution:

- Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg.



3. Iliopsoas & Quad Stretch

Sets: 2-3 | Hold: 30-45 sec | Frequency: daily

Preparation:

- Kneel on the ground in a lunge position, uninvolved leg forwards
- Rotate your pelvis slightly backward, flattening your lower back

Execution:

- Lean forwards, while maintaining straight posture and keeping your head up
- Reach back and pull your ankle towards your buttock



Lean forward, straight back, pull ankle

4. Gluteus Stretch (Wall)

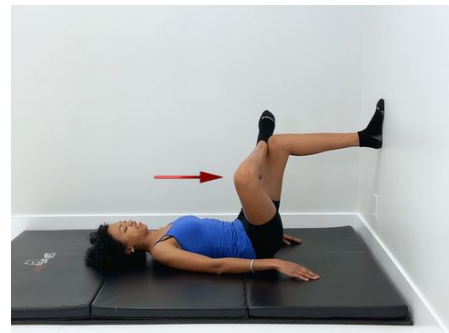
Sets: 2-3 | Hold: 30-45sec | Frequency: daily

Preparation:

- Lie on back, knees and hips bent, feet flat on wall

Execution:

- Rest ankle on top of opposite knee
- The closer you are to the wall, the more intense the stretch will be
- You can push your knee toward wall for a more intense stretch



Cross ankle over leg. Push knee toward wall for a more intense stretch

5. Hamstring Release (Foam Roller)

Duration: 1-5 Minutes | Frequency: Daily

Execution:

- Roll your the back of thigh as shown
- Stop on tight portions of the muscle to allow them to release.



Roll back of thigh on foam roll



Stop over tight areas and let them melt away



Continue rolling

6. Hip Adductor Release (Foam Roller)

Duration: 1-5 min | Frequency: Daily

Preparation:

- Lie on foam roller as shown
- Position the roll between legs, resting on the inside of one groin

Execution:

- Roll up and down in the groin and thigh area



Stop and hold if you find a tender point, let it relax

7. Quadriceps Release (Foam Roller)

Duration: 1-5 minutes | Frequency: daily

Preparation:

- Position yourself on foam roller as shown

Execution:

- Roll up and down on the foam roller to release the muscles on the front of the thigh



Start Position



If you feel a tender point, you can hold and allow the muscle to relax

8. Gluteus Release (Foam Roller)

Duration: 1-5 minutes | Frequency: Daily

Execution:

- Roll your buttock muscles out on the foam roll.
- Stop on tight portions of the muscle to allow them to release.



Roll buttock muscles on foam roll



Stop over tight muscles

9. Single Leg Balance

Sets: 2-3 | Reps: 20-30 Seconds | Frequency: Daily

Preparation:

- Stand next to a wall, counter or chair if needed

Execution:

- Stand on one leg



Balance on one leg

10. Bridge | Arms Flat

Sets: 2-3 | Reps: 8-12 | Frequency: Daily

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Lower down in a controlled manner



Start Position



Lift hips up

11. Front Squat Form

Sets: 2-3 | Reps: 8-12 | Frequency: Daily

Preparation:

- Stand with good posture, feet shoulder width apart
- Cross arms at shoulder height as shown

Execution:

- Perform a squat by bending at the hip
- Rise up by straightening at the hip



Start Position



Squat -
Knees
aligned over
toes



Side view



Squat -
Straight
back, knees
aligned over
toes

12. Clamshell

Sets: 2-3 | Reps: 8-12 | Frequency: Daily

Preparation:

- Lie on your side with your hips at 45 degrees and your knees at 90 degrees
- Position your hand on your front hip and buttock muscles

Execution:

- Lift your top knee keeping your feet together
- Keep your pelvis stable while you lift your leg



Start position



Contract buttock
muscle



Lift top knee up
(open like a clam)
keeping your
pelvis stable

13. Side Plank + Hip Extension

Sets: 2-3 | Reps: 8-12 | Frequency: daily

Preparation:

- Start on your side, hips and knees bent at 90°
- Prop yourself up on your forearm

Execution:

- Lift your hips off the floor while pushing them forward
- Ensure your shoulder, hip and knee are in a straight line
- Return your hips down and back to the floor



Hips and knees bent at 90°, up on your forearm



Lift your hips off the floor while pushing them forward



Lower hips down and back

14. Runner's Step Up

Sets: 2-3 | Reps: 8-12 | Frequency: Daily

Preparation:

- Stand in front of a box or step that is below the level of the knee

Execution:

- Step up onto the box and bring the opposite leg up towards your chest
- Lower down in a controlled manner
- Repeat, alternating legs



Start position



Keep knee inline with toes



Rise with control, lifting opposite leg

Level 2

When Can I Start Level 2?

- Completed Level 1 Goals

Goals:

- **Neuromuscular Training:** Single-leg balance, controlled hip hinging, and stability drills to retrain coordination.
- **Gradual Return to Function:** Start with low-impact conditioning (cycling, swimming, elliptical) before progressing to running or cutting activities if tolerated.

1. Single Leg Balance

Sets: 2-3

Reps: 20-30 Seconds

Frequency: Alternate Days

Preparation:

- Stand next to a wall, counter or chair if needed

Execution:

- Stand on one leg



Balance on one leg

2. Front Plank | Hands and Feet

Sets: 2-3

Duration: 30-45sec

Frequency: Alternate days

Preparation:

- Lie flat on the floor

Execution:

- Rise up on hands and feet, holding your body flat as a plank



Plank hands and feet

3. Side Plank + Hip Extension

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate days

Preparation:

- Start on your side, hips and knees bent at 90°
- Prop yourself up on your forearm

Execution:

- Lift your hips off the floor while pushing them forward
- Ensure your shoulder, hip and knee are in a straight line
- Return your hips down and back to the floor



Hips and knees bent at 90°, up on your forearm



Lift your hips off the floor while pushing them forward



Lower hips down and back

4. Monster Walk (Band)

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate Days

Preparation:

- Attach tubing to ankles as shown
- Wide stance, knees and hips slightly bent

Execution:

- Perform a partial squat
- Walk forward, keeping legs wide
- Keep tension on tubing throughout the whole exercise



Wide stance



Walk forward, keeping legs wide



Walk wide - Keep tubing under tension

5. Bridge | Towel Slide

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate Days

Preparation:

- Lie on back, feet on towel

Execution:

- Lift hips to make a bridge
- Now slide feet out on the towel - Keep the bridge
- Now slide feet up again - Keep the bridge



Feet on towel



Lift hips to make a bridge



Slide feet out on towel



Slide feet up again

6. Forward Lunge

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate days

Preparation:

- Stand with good posture

Execution:

- Lunge forward
- Keep back shoulder, hip and knee in line
- Rise up and return to the start position
- Repeat



Stand with good posture



Lunge forward



Return to standing and repeat

7. Reverse Lunge

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate days

Preparation:

- Stand with good posture

Execution:

- Lunge backwards keeping your back knee in line with your hip and shoulder
- Return to start position
- Repeat

NOTE:

- Keep your front knee aligned with your middle toe



Stand with good posture



Lunge backward



Return to standing and repeat

8. Deadlift | Single Leg and Arm (Dumbbell)

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate Days

Preparation:

- Stand on one leg, dumbbell in the opposite hand as the stance leg

Execution:

- Bend at the hip, keeping the trunk aligned with the back leg
- Rise up from the hips



Stand tall, hold weight at side



Reach leg back, arm hangs straight down



Bend at the hip, back leg aligned with trunk

9. Squat (Dumbbells)

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate Days

Preparation:

- Stand with good posture, feet shoulder width apart
- Free weight in either hand

Execution:

- Initiate squat by bending at the hips
- Rise up at the hips



Front view



Squat - Knees aligned over toes



Side view



Squat - Knees over toes, straight back

10. Step Down Touch

Sets: 2-3 | Reps: 8-12 | Frequency: Alternate Days

Preparation:

- Stand on a step or box

Execution:

- Lower your leg down as far as you can under control until your heel slightly touches the ground
- Rise up in a controlled manner



Stand on a box



Touch heel to floor - Maintain control