

## **Non-operative Treatment of Labral Pathologies**

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With labral pathologies, there is often excessive anterior hip capsular mobility. The femur tends to glide excessively anterior and irritates the anterior superior aspect of the joint capsule and labrum. Chronic irritation leads to tearing of the labrum, resulting in loss of the “vacuum like effect” of the hip and chronically anteriorly displaced femur in the hip joint. This component, along with correction of excessive medial hip rotation if present, must be corrected for reduced symptoms associated with labral tears.

### Functional Signs and Symptoms:

- Often stand in a posterior pelvic tilt, hip extension, hip internal rotation, knee hyperextension, and ankle plantarflexion. There is gluteal muscle atrophy, hamstring dominance, and often swayback posturing
- Anterior displacement of the greater trochanter with straight leg raising
- Anterior displacement of greater trochanter with prone hip extension (excessive hamstring action creates a fulcrum resulting in dysfunction)
- TFL is more dominant than the psoas
- TFL is more dominant than the gluteus medius
- Hamstring dominant over the gluteus maximus
- Medial hamstring dominant over the lateral hamstring

### ***Early Rehabilitation Phase (0-4 weeks):***

#### Manual Therapy:

- Lateral distraction with hip flexion and hip internal rotation for pain relief
- Posterior glide with hip flexion to promote increase posterior gliding of the hip
- TFL inhibition technique
- Hamstring Inhibition technique
- Posterior Greater Trochanter Release

#### Home Exercise Program:

- Self Myofascial Release
  - Foam Roller – TFL, Hamstrings
  - Tennis Ball – Posterior Greater Trochanter
- Diaphragmatic Breathing with Neutral Spine Posturing
- Abdominal Bracing (without spinal movement)
- Quadruped Rocking
  - *Promotes posterior and inferior gliding of femoral head, initiate by pushing back with upper extremities instead of rocking back to inhibit hip flexor activation which pulls the femoral head anteriorly*
- Prone Knee Flexion
  - *Promotes hamstring recruitment on a stable pelvis*
- Prone Hip External Rotation
  - *To stretch the TFL*
- Prone Hip Internal Rotation
  - *To improve the extensibility of the hip lateral rotators*
- Prone Hip Extension

- *Must be initiated in flexion to neutral only with emphasis on gluteus maximus facilitation*
- Sidelying Hip Abduction with External Rotation and Slight Extension
  - *To emphasize gluteus medius dominance over TFL*
- Seated Knee Extension with External Rotation Emphasis
  - *To inhibit hamstrings and emphasize lateral rotation*
- Seated Hip Flexion Isometric
  - *To shorten and strengthen the psoas*

Activation:

- Prone Plank
- Modified Side Plank
- Band Bridging

Integration:

- Standing Weight Shifts to Single Leg
- Mini Hip Hinge to Wall
- Squats (0-30)
- Single Leg Squats (0-15)

***Intermediate Rehabilitation Phase (4-8 weeks):***

Manual Therapy:

- TFL inhibition technique
- Hamstring Inhibition technique
- Posterior Greater Trochanter, Vastus Lateralis, and ITB Release

Home Exercise Program:

- Self Myofascial Release
  - Foam Roller – TFL, Hamstrings
  - Tennis Ball – Posterior Greater Trochanter
- Quadruped Rocking
- Sidelying External Rotation in Slight Extension
- Seated Hip Flexion Isometric with Manual Resistance
- Double Leg Bridge with Band Around Knees
- Hip Hinge to Wall
- Double Leg Squatting (0-60)

Activation:

- Prone Plank
- Side Plank
- Single Leg Bridge
- Bird Dogs
- Half Kneeling Chops and Lifts
- Supine Hip Flexion (90-120/pain free range)

Integration:

- KB Deadlift – Weight Elevated
- Body Weight Squats (0-90)
- Single Leg Squats (0-45)
- Split Stance Lunge
- Side Stepping with Band – Standing Tall

***Advanced Rehabilitation/Return to Sport Phase (4-8 weeks):***

Home Exercise Program:

- Self Myofascial Release
  - Foam Roller – TFL, Hamstrings, Quads, T-Spine, Glutes, ITB
- Quadruped Rocking
- Planks
- Side Planks
- Bird Dogs
- Dying Bugs
- Single Leg Bridge
- KB Deadlift – Weight Elevated
- Body Weight Squat (0-90)

Activation:

- Super Clamshell
- Standing Isometric Core Press
- Split Stand Chops and Lifts
- Standing Hip Flexion with RNT Corrections

Integration:

- Conventional Deadlift – Weight Elevated
- Front Squats (0-90)
- Single Leg Squats (0-60)
- Reverse, Forward, Lateral Lunging
- Side Stepping - Deadlift Posture
- Single Leg Deadlift

Sport-Specific Training

- Ladder Drills
- Plyometric Progressions
- Agilities Drills
- Dot Drills
- Cone Drills
- Shuttle Runs