Returning Athletes to Sport After Acetabular Labral Repair

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Objectives

- Review the Paradigm for Return to Sport After Arthroscopic Hip Labral Repair
- Review Protocol For Basic, Intermediate, and Return to Sport Mesocycles
- Review Acute on Chronic Training Load as it Relates to Return to Sport

The Process (As It’s Seen)

Return to Sport
Intermediate Phase
The Basics

The Process (As It Possibly Should Be)

RTS
Intermediate Phase
The Basics
The Basics

- Establish Expectations Early
  - Peerderman et al 2016

- Hip Internal Rotation
  - Yuan et al 2013

- Hip (Abductor) Strength
  - Diamond et al 2016
  - Casartelli et al 2011

“The fulfillment of FAI patients’ expectations about return to sport is strongly related to their positive surgery evaluation” - Mannion et al 2013

The Basics

- Avoid SLR early (think like BTB/hamstring harvest site for ACL)
  - Same for Sit-ups

- Role of OKC knee flex/ext early?
  - "The Speech" Offseason
  - Luow et al 2016

Intermediate Phase (Dosing)

- Set/Rep/Rest Schemes
  - 3x10 Motor Control/Learning
  - 5x5 Strength/Power Development
  - 6x3

Intermediate Phase (Symmetrical Loading)

- Squats
  - Goblet
  - Back Squat
  - Pause Squat
  - Role of Isometric

Squatting Will be a Cognitive Effort Early On! Fry et al 2003
Intermediate Phase (Instructions)

• Internal vs External Cues
  • Wulf et al.

• Depth vs Symmetry
  • Bloomquist et al.

• Role of Fatigue
  • Webster et al.

Intermediate Phase (Symmetrical Loading)

Pulls
• Sumo
• Conventional
• Lift Offs
• Weight Lifting
  Positional Drills

Intermediate Phase (Asymmetrical Loading)

Posterior Medial Taps
  Light weight-Balance
  Propulsion
  Heavy weight-Intense Glute
  Exercise

Intermediate Phase (Asymmetrical Loading)

• Half Kneeling Press
Intermediate Phase (Asymmetrical Loading)

Paloff Press
Can be done standing or half kneeling
Role of isometrics?

Intermediate Phase (Loaded Carries)

- Farmer's walks
- Suitcase carries

Sample Microcycle (Weeks 6-12)

- Day 1
  - Warm-up
  - Squat 5x5 (2’ rest)
  - PM tap 3x10
  - Kneeling kb press 3x10
  - Leg press 3x10

- Day 2
  - Warm up
  - Lift offs 5x5 (2’ rest)
  - RDL 3x10
  - Goblet squat 3x10
  - Paloff press 3x10

Intermediate Phase Goals

- Reestablish approximate symmetry with strength
- Full, pain free ROM
- Athlete confidence
Role of Eccentrics w/ RTS

- Seems to have a protective effect on strains
- Utility in athletes returning to sprinting sports

Petersen et al 2015

Return to Sport (Proactive -> Reactive)

- Work Small — Large
  - Proactive — Reactive
  - Double Leg
  - Single Leg
- Proactive
- Reactive

Acute on Chronic Training Loads

- Athlete practices 1-2hrs/day 5 days/week=5-10 practice hours
- Injured Athlete in PT 1hr/day 2 days a week= 2 practice hours
- Acute:Chronic Workload= 2.5:5

Work Capacity

Gabbett and Blanch
Acute on Chronic Training Loads
Blanch & Gabbett 2015

Maximal Recoverable Volume

Conclusions

- What We Say Likely Has As Much Effect As What We Do
- Reestablish Hip IR/Maximize Abduction Strength
- No Athlete Has Ever Been Too Good At the Basics
- Be Mindful of Athletes Acute:Chronic Training Load During RTS

Questions?

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  - Michael Ray @MichaelRayDC

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