Phase 1: Week 1-4

Precautions:
• ROM precautions: (do not cross your legs, bend past 90°)
  o Hip flexion: 90° x 12 weeks
  o Hip adduction: none x 12 weeks
• Touch Toe Weight Bearing (weight of leg) with the use of crutches x 6 weeks
• Wean off crutches after 6 weeks as strength improves
• No active hip flexion X 4 weeks

Exercises:
• Post-op week 1-2
  o Ankle pumps
  o Gluteal, quad, hamstring, t-ab isometrics
  o Passive ROM (flexion to 90, abduction, and extension as tolerated)
  o Heel slides
  o Hip abd/add (add to neutral) with skate (3 sets of 50 reps)
  o Passive supine hip roll (log roll) (IR)
  o Quadruped rocking (OK as is partial WB)
  o Standing Hip IR (active IR while standing)
  o Uninvolved knee to chest
  o Prone IR/ER (resisted)
  o Double leg bridges with tubing (OK as is partial WB)
  o Leg press (very limited weight)
  o Stationary bike no resistance
• Post-op week 3-4
  o Stationary biking with minimal resistance
  o Water walking
  o Side lying clams
  o 3 way leg raises (SLR, ext, abd)
  o Double leg bridges

Criteria for progression to the next phase:
• Minimal pain with all Phase I exercises
• Proper muscle firing patterns for initial exercises

Goals for Phase 1:
• Protect integrity of repaired tissue
• Restore ROM within restrictions
• Diminish pain and inflammation
• Prevent muscular inhibition
• Restore normal gait pattern
Dr. Mark Adickes

Phase 2: Week 5-8

Precautions:
- Continued ROM precautions
- No treadmill use

Exercises:
- Side supports
- Stationary bike with gradual increased resistance
- Aquajogging
- Swimming with fins
- Manual long axis gentle distraction
- Manual A/P mobilization
- Advanced bridging

Criteria for progression to the next phase:
- Hip strength > 50% of the uninvolved side

Goals for Phase 2:
- Protect integrity of repaired tissue
- Progressively increase muscle strength
Dr. Mark Adickes

Phase 3: Week 9-12

Precautions:
  • No ballistic or forced stretching/ strengthening
  • No treadmill use

Exercises:
  • Swimming with fins
  • Double knee bends (lateral step downs)
  • Elliptical
  • Water bounding/ plyometrics
  • Side to steps with cord
  • Forward/ backward walking with cord

Criteria for progression to the next phase:
  • Hip strength > 70% of the uninvolved side
  • Cardiovascular fitness equal to pre-injury level

Goals for Phase 3:
  • Restoration of muscular endurance/ strength
  • Restoration of cardiovascular endurance
  • Optimize neuromuscular control
Dr. Mark Adickes

**Phase 4: Sport Specific Training; Week 13-24**

**Exercises:**
- Side to side lateral agility
- Forward/ backward running with cord
- Z Cuts
- W Cuts
- Cariocas
- Ghiardelli’s
- Sport specific drills- increase duration before intensity. Start with slow, controlled activities. Progress as tolerated without pain.

**Criteria for full return to competition:**
- Hip strength > 85% of the uninvolved side
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test