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Labral Repair/Osteoplasty/Capsule Repair

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W : L. D :	Phase I: Initial Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Weight Bearing: FFWB x	Ankle Pumps	•	•										
(Foot flat = 20 lbs.)	Gluteal, quad, HS, T-ab isometrics	•	•										
CPM:	Stationary biking with minimal resistance	•	•	•	•	•	•						
Bledsoe Brace: • 0 to 90 degrees for 10 days • Lie prone 1 to 2 hours a night	Passive ROM (emphasize IR and circumduction)	•	•	•	•	•	•						
	Piriformus stretch	•	•										
	Passive supine hip roll (IR)	•	•										
	Water walking	•	•	•	•	•	•						
 ROM Limits: Flex: 90 degrees 10 times a days Ext: 0 degrees 3 times a week Abd: 25 degrees 3 times a week ER: 0 degrees 3 times a week IR: no limits Modalities: Begin scar mobilization day 1, massage, active release technique. E-stim as needed starting week 3. 	Quadriped rocking		•	•									
	Standing hip IR (stool)		•	•									
	Heel slides		•	•									
	Hip abd isometrics		•	•									
	Uninvolved knee to chest		•	•									
	Prone IR/ER (resisted)		•	•	•	•							
	Two-way leg raises (abd, ext)			•	•	•	•						
	Water jogging			•	•	•	•						
	Double leg bridges with tubing			•	•								
	Kneeling hip flexor stretch				•	•	•	•	•				
	Leg press (limited weight)						•	•	•				
	Short lever hip flexion												
	Phase II: Intermediate Exercise	1	2	3	4	5	6	7	9	13	17	21	25
	Double 1/3 knee bends					•	•	•	•				
	Side supports					•	•	•	•				
Time Lines: Week 1 (1-7POD)	Stationary biking with resistance/ outdoor biking					•	•	•	•				
	Swimming					•	•	•	•				
	Manual long axis distraction					•	•	•	•				
	Manual A/P mobilizations					•	•	•	•				
	Dyna-disc (single leg stance)					•	•	•	•				
	Advanced bridging (single leg, swiss ball)						•	•	•				

Phase II: Intermediate Exercise (continued)	1	2	3	4	5	6	7	9	13	17	21	25
Single leg cord rotation						•	•	•	•			
Pilates skaters						•	•	•	•			
Side stepping						•	•	•	•			
Single knee bends (lateral step downs)						•	•	•	•			
Elliptical/stairclimber						•	•	•	•			
Phase III: Advanced Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Lunges								•	•			
Water bounding/plyometrics								•	•			
Side to side lateral agility								•	•			
Forward/backward running with cord								•	•			
Running progression								•	•			
Initial agility drills								•	•			
Phase IV: Sports Specific Training		2	3	4	5	6	7	9	13	17	21	25
Z-Cuts/W-Cuts										•	•	•
Cariocas/Ghiardelli's										•	•	•
Sports specific drills										•	•	•
Functional testing										•	•	•