Initial Phase 0-6wks

- Goals
  - Tissue healing
  - Regain range of motion
  - Control inflammation
  - Decrease pain
  - Decrease muscle atrophy and maintain muscle function

- Precautions
  - Do not push through hip flexor pain
  - Specific range of motion restrictions
  - Weight bearing restrictions

- Weight bearing
  - Non-weightbearing to Foot Flat weight bearing for 6 wks depending upon procedure and physicians recommendations.

- Exercise
  - Anklepumps
  - Heel slides
  - Isometrics – quadriceps, hamstring, adductors, abductors, external rotators, internal rotators and gluteal sets
  - Abdominal exercises
- Lumbopelvic stabilization
- Passive Range of Motion 4-6 wks to tolerance.
- Hip flexion seated 4 weeks post op
- Cardiovascular exercise with nonoperative leg only in order to maintain nonweightbearing
  - semirecumbent bike or schwinn airdyne.
  - Upper body ergometer

- Stretching
  - Piriformis stretch
  - Hamstring stretch
  - Gastroc stretch
  - Prone quad stretch
  - Iliotibial band stretch
  - Kneeling hip flexion stretch

- Aquatics
  - Walking in pool once surgical sites have healed 5-10 days.
  - Swim with pole buoy aquajogging – 4wks post
  - Free style, backstroke, butterfly 7-10 days post op

- Modalities
  - CPM approximately 6 wks or as specified by physician
  - Cryotherapy
  - E-stim
  - Vasopneumatic pump

- Manual therapy
  - Long leg distraction – grade I/II for 5 wks then increase to grade III

- Intermediate Phase 6-18 wks
  - Goals:
    - Restore full ROM
    - Regain strength to 60%
    - Improve proprioception/balance
    - Protect repaired tissue
    - Normal gait
- Improve function with activities of daily living

- Weight Bearing:
  - Progressed to full weight bearing without deviation.

- Exercise
  - Swiss ball
  - Wall slides, side steps, lateral step downs, step ups
  - Closed chain squats

  - Proprioceptive neuronmuscular facilitation
    - Hands and knees, standing

  - Single leg cord rotation
  - Lunges
  - Balance board
  - Theratube exercise (open and closed chain)
  - Abdominal strengthening

- Aquatic
  - Jogging
  - Scissor kicks
  - Fins for resistance

- Cardiovascular
  - Elliptical
  - Rowing
  - Biking walking

- Stretching
  - Bilateral lower extremities

- Phase III Advanced Phase 18wk-24wks
  - Goals
    - Neuromuscular control and balance to within normal limits
    - Restoration of endurance
    - Strength 80% -100%
    - Endurance to within normal limits with activities of daily living
    - Protect integrity of repaired tissue

- Exercise
  - High level agility, balance and proprioception drills
  - Weights/tubing progressing as tolerated
  - Biking
- Slow jogging
- Flexibility exercise
- Advanced aerobic conditioning

- Phase IV – Sports specific training and return to play 6-12 months depending on tissues involved
  - Goals:
    - Full painfree range of motion
    - Strength 80 – 100%
    - Balance proprioception to within normal limits
    - Endurance to within normal limits for competition
    - Sport specific drills at full speed painfree