*Please realize that no two individuals or surgeries are alike. Keep in mind that:*

“As tolerated” means be safe and use common sense; pain, a limp, and swelling are indicators that you are doing too much too soon. If any of these should occur, decrease activity level, ice and elevate the leg.

Ice is your friend. Please ice for 20 minutes following each exercise, therapy, or training session. While your hip remains swollen or feels as if it is, icing should also be done separate from exercise at least three times per day.

Progression through the protocol should be based upon criteria as opposed to dates listed and will vary depending on each individual patient. These are merely guidelines.

Progress should be agreed upon by the patient and his/her team of providers.

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***Phase I: – Weeks 1-3***

**Brace:** None

**Weight Bearing:** Non-weight bearing with crutches

**ROM Goals: Extension (straight):** Full **Flexion (bent):** 60 degrees

**Therapeutic Exercises: Strengthening:** Quad sets (squeeze thigh muscles tight), four-way SLR (four direction straight leg raises: forward, backward, inside, outside) with brace on **Conditioning:** UBE (upper body exercise bike)

**Manual Therapy:** Patellar mobilization (knee cap slides: up, down, side to side)

**Cryotherapy (ice treatments):** Three to four times a day for 20 minutes

***Phase II: Weeks 3-4 – Motion Phase***

**Weight Bearing:** non-weight bearing with crutches

**ROM Goals: Extension:** Full **Flexion:** 90 degrees

**Therapeutic Exercises: Strengthening:** Quad sets, four-way SLR **Conditioning:** UBE

**Manual Therapy:**

* Patella and joint mobilization, passive knee flexion (not using your leg muscles to bend your knee) to 90 degrees, peri-patellar (around knee cap) soft tissue mobilization

***Phase III: Weeks 5-6 – Strengthening Phase***

**Weight Bearing:** Partial (25-50%) weight bearing with crutches

**ROM Goals: Extension:** Full **Flexion:** 120 degrees

**Therapeutic Exercises: Strengthening:** 4-way SLR **Proprioception:** Weight shifting, Weight shifting, Balance activities **Conditioning:** UBE, Stationary bike less than 15 minutes with minimal resistance

**Manual Therapy:**

* Patella and joint mobilization, passive knee flexion to 120 degrees, peri-patellar soft tissue mobilization

***Phase IV: Weeks 7-8 – Advanced Strengthening Phase***

**Weight Bearing:** Progressing to full weight bearing without crutches

**ROM:** Full

**Therapeutic Exercises: Strengthening:** Initiate Closed chain activities, Hamstrings exercises **Proprioception:** Weight shifting, Single leg balance activities **Conditioning:** UBE, Stationary bike

**Manual Therapy:** Patellar and joint mobilization

***Phase V: Weeks 9-12 – Early Sport Phase***

**Weight Bearing:** Full

**Therapeutic exercises: Strengthening:** Progress Closed chain, continue hamstrings **Proprioception:** Weight shifting, Single leg balance **Conditioning:** UBE, Stationary bike, Elliptical, Cross trainer BEGIN straight running on treadmill

***Phase VI: Months 3-6 – Conditioning/Sport Phase***

**Therapeutic Exercises: Strengthening:** Closed chain, Multi plane single leg, Hamstrings **Proprioception:** Weight shifting, Excursion testing, Balance activities **Conditioning:** Continue UBE, Stationary Bike, Elliptical machine, Ski machine BEGIN running outside, cutting and jumping activities

In addition to ongoing strength, balance, agility, and cardio conditioning, initiate sport-specific plyometric activities as tolerated such as:

**Soccer/Football:**2-foot ankle hop, double-leg hop, front barrier hop, lateral barrier hop, single-leg hop, power skip, backward skip, double-arm alternate-leg bound, and cycled split squat jump

**Basketball/Volleyball:** 2-foot ankle hop, double-leg hop, squat jump, double-leg vertical jump, single-leg hop, single-leg vertical jump, power skip, backward skip, double-arm alternate-leg bound, alternate-leg push off box drill, and side-to-side push-off box drill

**Baseball/Softball/Overhead throwing sports:** 2-foot ankle hop, double-leg hop, front barrier hop, lateral barrier hop, single-leg hop, power skip, backward skip, double-arm alternate-leg bound, cycled split squat jump, and return to throwing program