

ROM Restrictions and Expectations:

Extension Avoid passive extension x 3 weeks	External Rotation Avoid extreme ER x 3 weeks	Internal Rotation No limitations	Abduction 0° to 45 ° by 2 wks	Flexion Stop shy of pinch pain
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**Stop shy of pinchy pain with all PROM
NO straight leg raises in flexion.**

Weight Bearing Restrictions:

Toe touch WB 2 wks, progress to FWB unless otherwise indicated on paper orders

- 20lbs max foot flat WB
- 3 wks if older than 50 or osteopenic bone

DC crutches 3wks, when gait is normal and pain free unless otherwise indicated on paper orders

If Significant Microfracture:
toe touch WB 3-5 wks as instructed.

Phase I (ROM and initial strengthening)

If microfracture Hold activities in shaded boxes () until 6wks in all phases

Date of Surgery:	Week	1	2	3	4	5	6	8
Stationary Bike up to 20 min. ➤ Well member for day 1 to 4, progress per patient tolerance	Daily	✓	✓	✓	✓			
Passive ROM / Circumduction ➤ ER limitation see above	Daily	✓	✓	✓	✓	✓	✓	
Isometrics: 2x/day ➤ Quads, Hams, Glute max, Transverse abdominus (TA)	Daily	✓	✓					
Soft Tissue Work/Scar Mobs	Daily	✓	✓	✓	✓	✓	✓	✓
Muscle Stretch: ➤ Quad, Adductor, HS	Daily	✓	✓					
Stomach Stretch ➤ Lie flat on stomach 1 hr min. daily (up to 4 hrs total)	Daily	✓	✓	✓	✓			
Quadruped Rocking ➤ Ok with labral repair	Daily	✓	✓	✓	✓			
Reverse Hooklying Butterflies	Daily	✓	✓					
Prone Pendulum IR – add ER at 3 weeks	Daily	✓	✓	✓	✓	✓	✓	
Prone Hamstring curls	Daily	✓	✓	✓	✓	✓	✓	
Bridging			✓	✓	✓	✓	✓	
Start Phase II exercise if no microfracture			✓					
Start Phase III exercise if no microfracture					✓			

Start cardio at 4 weeks if glute strength is adequate, if microfracture wait until 6 weeks

Phase II Stability

Phase II: Stability	Week	3	4	5	6	7	8	10
D/C crutches; start at 3 wks (<i>non-antalgic gait</i>)	Daily	✓	✓					
Prone Hip Extensions	5x wk	✓	✓	✓				
Prone Pendulum (IR/ER on stomach)	5x wk	✓	✓	✓	✓			
Hooklying Butterflies	5x wk	✓	✓	✓	✓			
Standing Hip Abduction in IR	5x wk		✓	✓	✓			
Pool Therapy	5x wk			✓	✓	✓	✓	✓
Bridging Progression	5x wk	✓	✓	✓	✓	✓		
Supported mini glute squats	5x wk	End of wk 3	✓	✓	✓	✓		
Butt Back Squat	5x wk		✓	✓	✓	✓	✓	
Start Phase III exercise if no microfracture			✓					

***If Microfracture hold all WB activities until 4-6 weeks unless otherwise specified**

***Ensure adequate glute max activation/awareness with all hip strengthening exercises**

Phase III, IV and cardio/Functional Exercise on Reverse Side

Phase III (if microfracture hold all WB activities until wk 6)

Phase III: Functional Strengthening	Week	4	5	6	7	8	10	12	16
Leg Press	3x wk	✓	✓	✓	✓	✓			
Single Leg Balance	3x wk		✓	✓	✓	✓	✓		
Box step up: step-to initially	3x wk			✓	✓	✓	✓		
Bosu	3x wk			✓	✓	✓	✓	✓	
Lunges- forward 90 static (walking lunges end of 6 wks)	3x wk			✓	✓	✓	✓	✓	
Lateral Lunge (static before dynamic)	3x wk			✓	✓	✓	✓		
Lateral walk with squat and Band	3x wk			✓	✓	✓	✓		
Side Planks	3x wk	✓	✓	✓	✓	✓	✓	✓	✓
Prone Planks	3x wk		✓	✓	✓	✓	✓	✓	✓
Single Leg Bridges	3x wk		✓	✓	✓	✓	✓	✓	✓
Single Leg Squat						✓	✓	✓	✓
Rotational Activities (if painfree)						✓	✓	✓	✓

Start cardio at 4 weeks if glute strength is adequate, if microfracture wait until 6 weeks

Cardio / Plyometrics / Sport Specific progressions

Cardio / Functional	Week	4	5	6	7	8	10	11	12	14	16	20-24
Stationary Bike with resistance	3x wk	✓	✓	✓								
Elliptical Machine	3x wk			✓	✓	✓	✓	✓	✓			
Outdoor Biking (Resisted Biking)	3x wk				✓	✓	✓	✓	✓			
Functional Activity (hiking, throwing)	3x wk					✓	✓	✓	✓			
Golf (putters 10 wk >irons 12 wk> drivers 16 wk)	3x wk						✓		✓		✓	
2 foot plyometrics	3x wk						✓	✓	✓			
1 foot plyometrics	3x wk							✓	✓	✓		
Running progressions	3x wk								✓	✓	✓	✓
Agility drills	3x wk									✓	✓	✓
Low Intensity Ice Skating	3x wk					✓	✓	✓	✓			
Ice Hockey Goaltender Standing Crease Work and Stationary Butterfly (Gradual)	3x wk						✓	✓	✓	✓	✓	✓
Ice Hockey Goaltender Repeated Butterfly and Post Work	3x wk									✓	✓	✓
Dance Splits training-surgical hip in back (Gradual progression)	3x wk										✓	✓

Phase IV

Phase IV: Return to Activity / Sports	Week	16	20	24
Sport Specific Drills / TRAINING		✓	✓	✓

Typically 4-6 months to return to sports, 1 yr for maximal recovery

Microfracture can delay this recovery by 1-5 months

⚠️ Excessive activity, including cardiovascular exercise, may lead to the return of anterior hip pain if ample core and glute strength is not present.