

	Phase I: Initial Exercises	week	1	2	3	4	5	6	7	9	13	17	21	25																
<b>Patient Checklist :</b>  <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Weightbearing:</b>            FFWB x _____ weeks            (crutches - 20 lb. WB)         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>CPM:</b>            2 weeks            4-6 hrs/day         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Lie on Stomach:</b>            1-2 hrs 2-3x/day         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>No external rotation (past neutral) for 3 weeks</b> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>ROM Limits:</b>            Flexion: 90° x 10 days             Ext: 0° x 3 wks             Abd: 25° x 3 wks             ER: 0° x 3 wks             IR: no limits         </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>Modalities:</b>            Active Release Technique.            Ultrasound, and E-Stim as needed starting week 3.         </div> <div style="border: 1px solid black; padding: 5px;"> <b>Time Lines:</b>            Week 1 (1-7 POD)            Week 2 (8-14 POD)            Week 3 (15-21 POD)            Week 4 (22-28 POD)         </div>	Ankle Pumps <table style="width: 100%; text-align: center;"> <tr><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	•	•																											
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	Gluteus Slide <table style="width: 100%; text-align: center;"> <tr><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	•	•																											
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	Isometrics <table style="width: 100%; text-align: center;"> <tr><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	•	•																											
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	Stationary Bike with non resistance <table style="width: 100%; text-align: center;"> <tr><td>•</td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	•	•	•	•																									
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	Passive ROM / CIRCUMDUCTION <table style="width: 100%; text-align: center;"> <tr><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	•	•	•	•	•	•																							
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	→ add extension and ER (FABER) <table style="width: 100%; text-align: center;"> <tr><td></td><td></td><td></td><td></td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>					•	•	•																						
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	Soft tissue massage and scar mobs <table style="width: 100%; text-align: center;"> <tr><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	•	•	•	•	•	•																							
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Passive Stretching: Quad & Piriformis <table style="width: 100%; text-align: center;"> <tr><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	•	•	•	•	•	•																								
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→ add Hip Flexor Stretching <table style="width: 100%; text-align: center;"> <tr><td></td><td></td><td>•</td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>			•	•	•	•																								
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Quadruped Rocking <table style="width: 100%; text-align: center;"> <tr><td></td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		•	•	•																										
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Resisted Prone IR/ER <table style="width: 100%; text-align: center;"> <tr><td></td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td><td>•</td></tr> </table>		•	•	•	•	•	•	•	•	•	•	•	•	•	•															
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	Phase II: Intermediate Exercises		1	2	3	4	5	6	7	9	13	17	21	25																
	Balance Progression			•	•	•	•	•	•																					
	Stationary Biking with Resistance				•	•	•	•	•	•																				
	Double 1/3 Knee bends				•	•	•	•	•	•																				
	Advanced Core Progression				•	•	•	•	•	•																				
	→ Pilates Exercises (w/ instructor)						•	•	•	•																				
	Manual Mobilizations (w/ PT)				•	•	•	•	•	•	•																			
	Side Stepping							•	•	•	•																			
	Elliptical/Stairclimber				•	•	•	•	•	•																				
	Single 1/3 Knee Bends(after OK Double Leg)								•	•	•	•																		
	→ Lateral step downs								•	•	•	•																		
	→ Balance Squats								•	•	•	•																		
	MultiDirectional Lunges								•	•	•	•	•																	
	Phase III: Advanced Exercises		1	2	3	4	5	6	7	9	13	17	21	25																
	Plyometrics Progression										•	•																		
	Side to side lateral movement											•																		
	Fwd/Bkwd Running w/ cord										•	•																		
	Running/Skating/Golf etc progression											•																		
	Agility Drills - returning to sport											•																		
	Phase IV: High Level Activities		1	2	3	4	5	6	7	9	13	17	21	25																
	Functional Sport Testing											•																		
	Multi-Plane Agility											•	•																	
	Sport Specific Drills											•	•	•																