

Labral Repair/Osteoplasty

Name: _____ Date: ____/____/____

	Phase I: Initial Exercise																						
	1	2	3	4	5	6	7	9	13	17	21	25											
<p>Weight Bearing: FFWB x _____ (Foot flat = 20 lbs.)</p> <p>CPM: _____</p> <p>Bledsoe Brace:</p> <ul style="list-style-type: none"> • 0 to 90 degrees for 10 days • Lie prone 1 to 2 hours a night <p>ROM Limits:</p> <ul style="list-style-type: none"> • Flex: 90 degrees 10 times a days • Ext: gentle 3 times a week • Abd: 25 degrees 3 times a week • ER: gentle 3 times a week • IR: no limits <p>Modalities:</p> <ul style="list-style-type: none"> • Begin scar mobilization day 1, massage, active release technique. • E-stim as needed starting week 3. <p>Time Lines: Week 1 (1-7POD)</p>	Ankle Pumps	•	•																				
	Gluteal, quad, HS, T-ab isometrics	•	•																				
	Stationary biking with minimal resistance	•	•	•	•																		
	Passive ROM (emphasize IR and circumduction)	•	•	•	•	•	•																
	Piriformus stretch	•	•																				
	Passive supine hip roll (IR)	•	•																				
	Water walking	•	•	•	•																		
	Quadruped 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
Double 1/3 knee bends					•	•																	
Side supports					•	•																	
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	1	2	3	4	5	6	7	9	13	17	21	25
Z-Cuts/W-Cuts									•	•	•	•
Cariocas/Ghiardelli's									•	•	•	•
Sports specific drills									•	•	•	•
Functional testing									•	•	•	•