

Osteoplasty/Capsular Repair

Name: _____ Date: ____/____/____

	Phase I: Initial Exercise												
	1	2	3	4	5	6	7	9	13	17	21	25	
Weight Bearing: FFWB x _____ (Foot flat = 20 lbs.) CPM: _____ Bledsoe Brace: • 0 to 90 degrees for 10 days • Lie prone 1 to 2 hours a night ROM Limits: • Flex: 90 degrees 10 times a days • Ext: 0 degrees 3 times a week • Abd: no limits • ER: 0 degrees 3 times a week • IR: no limits Modalities: • Begin scar mobilization day 1, massage, active release technique. • E-stim as needed starting week 3.	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	25		
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									•	•	•	•