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## Osteoplasty

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W : L. B :	Phase I: Initial Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Weight Bearing: FFWB x (Foot flat = 20 lbs.)	Ankle Pumps	•	•										
	Gluteal, quad, HS, T-ab isometrics	•	•										
CPM:	Stationary biking with minimal resistance	•	•	•	•								
<ul><li>Bledsoe Brace:</li><li>0 to 90 degrees for 10 days</li><li>Lie prone 1 to 2 hours a night</li></ul>	Passive ROM (emphasize IR and circumduction)	•	•	•	•	•	•						
	Piriformus stretch	•	•										
	Passive supine hip roll (IR)	•	•										
	Water walking	•	•	•	•								
ROM Limits:  • Flex: 90 degrees 10 times a days  • Ext: no limits  • Abd: no limits  • ER: no limits  • IR: no limits	Quadriped rocking		•	•									
	Standing hip IR (stool)		•	•									
	Heel slides		•	•									
	Hip abd isometrics		•	•									
	Uninvolved knee to chest		•	•									
	Prone IR/ER (resisted)		•	•	•	•							
Modalities:  • Begin scar mobilization day 1, massage, active release technique.  • E-stim as needed starting week 3.	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
Time Lines: Week 1 (1-7POD)	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									•	•	•	•