

Weeks 1-2

- ◆ Bike for 20 minutes/day (can be 2x/day)
- ◆ Scar massage
- ◆ Hip PROM
 - Hip flexion to 90 degrees, abduction as tolerated
 - No active abduction and IR
 - No passive ER or adduction (6 weeks)
- ◆ Quadruped rocking for hip flexion
- ◆ Gait training PWB with assistive device
- ◆ Hip isometrics –
 - Extension, adduction, ER at 2 weeks
- ◆ Hamstring isotonic
- ◆ Pelvic tilts
- ◆ NMES to quads with SAQ

Weeks 4-6

- ◆ Continue with previous therapy
- ◆ Gait training PWB with assistive device
 - 20 pounds through 6 weeks
- ◆ Progress with passive hip flexion greater than 90 degrees
- ◆ Supine bridges
- ◆ Isotonic adduction
- ◆ Progress core strengthening (avoid hip flexor tendonitis)
- ◆ Progress with hip strengthening
 - Start isometric sub max pain free hip flexion(3-4 wks)
- ◆ Quadriceps strengthening
- ◆ Aqua therapy in low end of water

Weeks 6-8

- ◆ Continue with previous therapy
- ◆ Gait training: increase WBing to 100% by 8 weeks with crutches
- ◆ Progress with ROM
 - Passive hip ER/IR
- ◆ Supine log rolling Stool rotation Standing on BAPS
 - Hip Joint mobs with mobilization belt (if needed)
- ◆ Lateral and inferior with rotation
 - Prone posterior-anterior glides with rotation
- ◆ Progress core strengthening (avoid hip flexor tendonitis)

Weeks 8-10

- ◆ Continue previous therapy
- ◆ Wean off crutches (2 1 0)
- ◆ Progressive hip ROM
- ◆ Progress strengthening LE
- ◆ Hip isometrics for abduction and progress to isotonic
- ◆ Leg press (bilateral LE)
- ◆ Isokinetics: knee flexion/extension
- ◆ Progress core strengthening

- ◆ Begin proprioception/balance
- ◆ Balance board and single leg stance
- ◆ Bilateral cable column rotations
- ◆ Elliptical

Weeks 10-12

- ◆ Continue with previous therex
- ◆ Progressive hip ROM
- ◆ Progressive LE and core strengthening
- ◆ Hip PREs and hip machine
- ◆ Unilateral Leg press
- ◆ Unilateral cable column rotations
- ◆ Hip Hiking
- ◆ Step downs
- ◆ Hip flexor, glute/piriformis, and It-band Stretching – manual and self
- ◆ Progress balance and proprioception
 - o Bilateral Unilateral foam dynadisc
 - o Treadmill side stepping from level surface holding on progressing to inclines
 - o Side stepping with theraband
- ◆ Hip hiking on stairmaster (week 12)

>12 weeks

- ◆ Progressive hip ROM and stretching
- ◆ Progressive LE and core strengthening
- ◆ Endurance activities around the hip
- ◆ Dynamic balance activities
- ◆ Treadmill running program
- ◆ Sport specific agility drills and plyometrics