

Table 2:



proaxistherapy™

Patient Checklist

Labral Repair

WEIGHT BEARING:

Repair

NWB or TTWB x 3 to 6 weeks

ROM limits:

Repair

Flex: 90° x 10 days to 2 weeks

Ext: 10° x 10 days to 2 weeks

Abd: 25° x 10 days to 2 weeks

ER: Gentle for 3 weeks

IR: Gentle for 3 weeks

Precautions:

Progression of resisted and weight bearing exercises is dependent upon weight bearing status

Phase I: Initial Exercise (weeks 1-4)	1	2	3	4	5	6	7	9	13	17	21	25
Ankle Pumps	●	●										
Gluteal, quad, HS, T-ab isometrics	●	●	●	●								
Stationary biking with no to min. resistance	●	●	●	●								
Passive ROM (emphasize IR, circumduction, and prone lying)	●	●	●	●								
Heel slides	●	●	●	●								
Piriformis stretch	●	●	●	●	●	●						
Passive supine hip roll (IR)	●	●										
Water walking with flotation device		●	●	●	●	●						
C-R stretching for IR/ER		●	●	●	●	●						
Gentle hip joint mobilizations	●	●	●	●								
Manual long axis traction		●	●	●	●	●						
Hip abd isometrics	●	●										
Uninvolved knee to chest	●	●	●	●								
3 way leg raises (abd, add, ext)			●	●	●	●						
Water jogging with flotation device			●	●	●	●						
Phase II: Intermediate Exercise (weeks 5-7)	1	2	3	4	5	6	7	9	13	17	21	25
Double 1/3 knee bends					●	●						
Wall sits with abductor band						●	●					
Stationary biking with resistance					●	●	●					
Non-competitive freestyle swimming					●	●	●					
Manual A/P mobilizations					●	●	●					
Kneeling hip flexor stretch					●	●	●					
Involved knee to chest, adductor stretch					●	●	●					
Seated resisted internal/external rotation					●	●	●					
Leg press or shuttle					●	●	●	●				
Side stepping with abductor band							●	●				
Two leg bridging					●	●	●					
Single-leg bridging					●	●	●	●				
Elliptical / Stairclimber						●	●	●				
Phase III: Advanced Exercise (weeks 8 to 12)	1	2	3	4	5	6	7	9	13	17	21	25
Standing resisted hip ER							●	●				
Lunges and lunges with trunk rotations							●	●				
Water bounding / plyometrics							●	●				
Core ball stabilization progression							●	●				
Fwd/Bkwd/Sideways walking with cord							●	●				
Golf progression							●	●				
Running progression								●				
Initial agility drills - single plane								●				
Phase IV: Sports Specific Training (weeks 12+)	1	2	3	4	5	6	7	9	13	17	21	25
Z-Cuts / W-Cuts								●	●	●	●	●
Cariocas / Ghirardelli's								●	●	●	●	●
Sports specific drills								●	●	●	●	●
Functional testing - sportcord test											●	●

Proaxis Therapy

Courtesy of Proaxis Therapy. Spartanburg/Greenville, SC: used with permission.