

Table 1:



proaxistherapy™

**Patient Checklist**

**Labral Debridement**

		<b>Phase I: Initial Exercise (weeks 1-4)</b>				1	2	3	4	5	6	7	9	13	17	21	25	
<b>WEIGHT BEARING:</b>	Ankle Pumps	●	●															
	Gluteal, quad, HS, T-ab isometrics	●	●															
	Stationary biking with low resistance	●	●	●	●													
	Debridement 50% x 7 to 10 days	Passive ROM (emphasize IR, circumduction, and prone lying)	●	●	●	●												
		Heel slides	●	●	●	●												
	ROM limits:	Piriformis stretch	●	●	●	●												
		Passive supine hip roll (IR)	●	●														
		Water walking with flotation device	●	●														
	Debridement Flex: 90° x 10 days to 2 weeks	C-R stretching for IR/ER	●	●	●	●												
		Gentle hip joint mobilizations	●	●	●	●												
		Manual long axis traction	●	●	●	●												
		Hip abd isometrics	●	●														
		Uninvolved knee to chest	●	●														
	Ext: no limits	3 way leg raises (abd, add, ext)		●	●	●												
	Abd: no limits	Water jogging with flotation device		●	●	●												
Leg press or shuttle (limited weight)			●	●	●													
ER: no limits	<b>Phase II: Intermediate Exercise (weeks 5-7)</b>		1	2	3	4	5	6	7	9	13	17	21	25				
	IR: no limits	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 rotation					●	●	●									
		Seated resisted external rotation					●	●	●									
		Side stepping with abductor band					●	●	●									
		Two leg bridging					●	●	●									
		Single-leg bridging					●	●	●									
		Elliptical / Stairclimber					●	●	●									
		<b>Phase III: Advanced Exercise (weeks 8 to 12)</b>		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									●									
<b>Phase IV: Sports Specific Training (weeks 12+)</b>		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														●	●	●		

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