



# OrthoTeam Clinic

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## ROM Restrictions and Expectations:

<b>Extension:</b>	<b>External Rotation</b>	<b>Internal Rotation</b>	<b>Abduction</b>
Avoid passive extension x 3 weeks	Avoid extreme ER x 3 weeks	No limitations	0° to 45° by 2 wks

Stop shy of pinchy pain with all PROM  
NO straight leg raises in flexion.

## Weight Bearing Restrictions:

**Toe touch WB 2 wks, progress to FB**  
 ➤ 20lbs max foot flat WB  
 ➤ 3 wks if older than 50 or osteopenic bone  
**DC crutches ~ 3 wks, when gait is normal and pain free**  
**If Significant Microfracture: toe touch WB 3-5 wks as instructed.**

## Phase I (ROM and initial strengthening)

If microfracture **Hold** activities in shaded boxes (  ) until 6wks in all phases

Date of Surgery:	Week	1	2	3	4	5	6
Stationary Bike up to 20 min. ➤ <b>Well member for day 1 to 4, progress per patient tolerance</b>	Daily	✓	✓	✓	✓		
Passive ROM / Circumduction ➤ <b>ER limitation see above</b>	Daily	✓	✓	✓	✓	✓	✓
Isometrics: 2x/day ➤ <b>Quads, Hams, Glute max, Transverse abdominus (TA)</b>	Daily	✓	✓				
Soft Tissue Work/Scar Mobs	Daily	✓	✓				
Muscle Stretch: ➤ <b>Quad, Adductor, HS</b>	Daily	✓	✓				
Stomach Stretch ➤ Lie flat on stomach up to 15 min	Daily	✓	✓	✓	✓		
Quadruped Rocking ➤ Ok with labral repair	Daily	✓	✓	✓	✓		
Prone Pendulum (IR/ER on stomach)				✓	✓	✓	✓
Standing Hip Abduction in IR					✓	✓	✓
Bridging Progression			✓	✓	✓	✓	✓
<b>Start Phase II exercise if no microfracture</b>			✓				
<b>Start Phase III exercise if no microfracture</b>					✓		

Cardio exercises on reverse side (start ~ 4 weeks)

## Phase II Stability

Phase II: Stability	Week	3	4	5	6	7	8	10
D/C crutches; start at 3 wks ➤ <b>non-antalgic gait</b>	Daily	✓	✓					
Prone Hip Extensions	5x wk	✓	✓	✓				
Prone Hamstring Curls	5x wk	✓	✓	✓				
Prone Pendulum (IR/ER on stomach)	5x wk	✓	✓	✓	✓			
Standing Hip Abduction in IR	5x wk		✓	✓	✓			
Pool Therapy	5x wk			✓	✓	✓	✓	✓
Bridging Progression*	5x wk	✓	✓	✓	✓	✓		
1/3 Knee Bends* ➤ 2 legs	5x wk	End of wk 3	✓	✓	✓	✓		
Butt Back quat	5X wk		✓	✓	✓	✓	✓	
<b>Start Phase III exercise if no microfracture</b>			✓					

\*Bridges can start around week 3 unless weight bear restrictions (can start week 2 if needed)

\*If Microfracture hold 1/3 knee bend until wk 3-6 based on wt bear restrictions.

\*Start Phase III activities at 4 weeks post-op



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## Phase III (if microfracture hold all WB activities until wk 6)

Phase III: Functional Strengthening	Week	4	5	6	7	8	10	12	16
Leg Press	3x wk	✓	✓	✓	✓	✓			
Single Leg Balance	3x wk		✓	✓	✓	✓	✓		
Box step up	3x wk			✓	✓	✓	✓		
Bosu	3x wk			✓	✓	✓	✓	✓	
Lunges- forward 90	3x wk			✓	✓	✓	✓	✓	
Lateral Lunge	3x wk			✓	✓	✓	✓		
Single Knee Bends - 1 wk after start of lunges				✓	✓	✓			
Lateral walk - With squat and Band	3x wk			✓	✓	✓	✓		
Agility - Diagonal lateral agility	3x wk					✓	✓	✓	✓
Side Planks	3x wk	✓	✓	✓	✓	✓	✓	✓	✓
Prone Planks	3x wk	✓	✓	✓	✓	✓	✓	✓	✓
Single Leg Bridges	3x wk	✓	✓	✓	✓	✓	✓	✓	✓
Rotational Activities (if painfree)						✓	✓	✓	✓

## Phase IV

Phase IV: Return to Activity/ Sport	Week	16	20	24
Sport Specific Drills / TRAINING		✓	✓	✓

*\*Typically 4-6 months to return to sports, 1 yr for maximal recovery\**

*\*Microfracture can delay this recovery by 1-5 months\**

Start cardio at 4 weeks if glute strength is present, if microfracture wait until 6 weeks

## Cardio/Functional Exercise-Skating/Running/ETC.

Cardio / Functional	Week	4	5	6	7	8	10	12	12-24
Stationary Bike with resistance	3x wk	✓	✓	✓					
Elliptical Machine	3x wk			✓	✓	✓	✓	✓	✓
Outdoor Biking (Resisted Biking)	3x wk				✓	✓	✓	✓	✓
Functional Activity (hike, kick, throw)	3x wk					✓	✓	✓	✓
Sport Specific Progressions	3x wk						✓	✓	✓

 Excessive activity, including cardiovascular exercise, may lead to the return of anterior hip pain if ample core and glute strength is not present.