### Phase I: Mobility and Protection

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- Ankle Pumps / Isometrics
- Soft tissue massage and scar mobs
- Stationary Bike with no resistance
- Passive ROM / CIRCUMDUCTION
- Passive Stretching: Quad, Piriformis, HS
- Quadruped Rocking

### Phase II: Stabilization

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- Stool Hip Rotations
- Prone Rotator and Hamstring Activation
- Prone Glute Max Progression
- Supine Flexor Progression
- Standing Hip Abduction in Int Rotation
- Sidelying Glute Medius Progression
- Bridging Progression
- Passive stretching: Hip Flexor & ITB
- Water Progression
- Planks
- Manual Mobilizations (w PT)
- Stationary Biking with Resistance

### Phase III: Single Leg Closed Chain Progression

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- Balance Squats
- Lateral Step Downs, Lunges
- Single 1/3 Knee Bends
- Side to side lateral movement
- Diagonal Side to Side movement
- Forward Box Lunges

### Phase IV: Return to Sport

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- Functional Sport Test
- Multi-Plane Agility / Plyometrics
- Sport Specific Drills