

Dr. Michael B. Ellman

Labral Repair /Osteoplasty / Rim Trimming / Plication to Close Capsule



Name:

Sx Date:

Patient Checklist :

Weightbearing:
FFWB x 2 wks
(Flat Foot = 20 lb)

CPM:
2 weeks
4-6 hr/day

Lie on Stomach:
2 or more hrs/day

Hip Brace:
0°-90° x 17 days

ROM Limits:

Flex: 0°-120°
14 days
Ext: to 0° by day 14;
beyond 0° after
day 14-21

External Rotation: 0°
for first 14 d

IR: no limits

Abd: 0°-45°
4 wks

Modalities:
Active Release,
Ultrasound, E-Stim
as needed after
week 3.

Time Lines:
Week 1 = POD 1-7
Week 2 = POD 8-14
Week 3 = POD 15-21
etc...

Phase I: Mobility and Protection	week	1	2	3	4	5	6	7	8	9	10	12	16	20
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	week	1	2	3	4	5	6	7	8	9	10	12	16	20
Sec 1: Stabilization Progressions		1	2	3	4	5	6	7	8	9	10	12	16	20
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					•	•	•	•						
Sec 2: Gait & Closed Chain Exercises		1	2	3	4	5	6	7	8	9	10	12	16	20
Crutch weaning / Weight shifting				•	•	•								
Balance Progression				•	•	•								
Double 1/3 Knee bends				•	•	•								
Leg Press (Limited Weight)				•	•	•								
Pilates [w instructor]					•	•	•	•						
Elliptical machine					•	•	•	•						
Sec 3: Functional Exercises		1	2	3	4	5	6	7	8	9	10	12	16	20
Functional Activities								•	•	•	•	•	•	
Running progression								•	•	•	•	•	•	
Skating Progression								•	•	•	•	•	•	
Golf progression								•	•	•	•	•	•	
Dance progression								•	•	•	•	•	•	
Phase III: Strengthening	week	1	2	3	4	5	6	7	8	9	10	12	16	20
Single Leg Closed Chain Progression									•	•	•	•	•	
↳ 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	week	1	2	3	4	5	6	7	8	9	10	12	16	20
Functional Sport Test												•	•	•
Multi-Plane Agility / Plyometrics												•	•	•
Sport Specific Drills												•	•	•

Mobility

Core

Gait

Function

Strength

Sport

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Therapist:

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