



Wk 0-Wk 3-4 (criteria dependent)

Phase 1	Day 1-4	Day 4-7	HEP	Day 8-14	HEP	Day 15-21	Day 22+
Stationary Bike	X	X		X	X		
Reverse Butterfly (IR)	X	X		X	X	X	
Circumduction (CW/CCW)	X	X		X			
Modified Thomas Stretch	X	X	X	X			
IR Long Axis Log Rolls (passive)	X	X		X			
Standing Hip ABD w/ IR		X	X	X	X	X	X
Terminal Knee Extensions		X	X	X	X	X	X
Quadruped Rockbacks		X	X	X	X		
Cat-Camel		X	X	X	X		
Hamstring Stretch (Long sit)		X	X	X	X		
Hip Extension Ball Roll Outs		X		X			
Standing Ham Curls		X		X	X	X	X
Sidelying Glute max Holds				X		X	X
Reverse Clams				X		X	X
Tall Kneeling (day 11)				X		X	X
Weighth Shifts (Day 11)				X		X	X
Supine Hip Flexion on Ball							X
ER w/ Hip at 45 deg							X
Clamshells							X
Prone Hip Extension off Table							X
	HEP		HEP	Progression Criteria			
Glute Sets	X		X	Glute Med Sidelying Hold x 30 sec			
Quad Sets	X		X	Glute Max Hip Extension x 10			
Circumduction (CW/CCW)	X		x	Single Leg Stance x 10 sec			
Ankle Pumps	X		X	PROM 75% of UNINV (except flex/ER)			

PRECAUTIONS: NO FLEX >90 deg; NO ABD >45 deg; Hip IR at 0 and 90 deg as tolerated; NO Hip ER/EXT

GOALS: WBAT or 50% WB by day 14; Accumulate 2 hrs per day laying on stomach; Protect capsular repair, pain <3/10