



Wk 4-10 (criteria dependent)

PRECAUTIONS: No sidelying hip ABD until 6 weeks, minimize active hip flexion until 6 weeks, Begin step ups 4 wks post-op, Begin squat skill at wk 6.

Phase 2	1.0	2.0	HEP	HEP For Duration of Phase 2	
Stationary Bike	X	X	X	Faber Slides	X
Gait Drills	X			Standing Hip ABD with IR	X
Tall Kneel Progressions	X			Standing Calf/Soleus Stretch	X
TRX Squats/Shuttle	X			Prone Quad Stretch	X
2 Way Glider	X			Bent Knee Fallouts	X
Bird Dogs	X	X		Thomas Stretch	X
Sidelying External Rotations	X	X	X	Seated V Stretch	X
Bridge Progressions	X	X		Seated Hamstring Toe Reach	X
Single Leg RDL Progressions (BW)		x		Standing ITB Stretch (wk 8)	X
Reverse Lunge		X		Standing Adductor Stretch	X
Resisted Stool Rotations (IE/ER)		X		Progression Criteria	
Reverse Sled (low resistance)		X			
Hip Hinge (bodyweight)		X		Front and Side Plank x 30 sec	
Partial Sit-Ups		X		Y-Balance <8 cm deficit all planes	
Modified Side Plank		X	X	IR/ER Strength >80% UNINV	
Modified Front Plank		X	X	Hip Flexor Strength >50% UNINV	
Hip Hikers		X		PROM WNL of UNINV (except flex/ER)	
Bodyweight Squats		X		Double Leg Squat x 25 reps	

Progress to Phase 2.2 Once mastery of Phase 2.1 exercise demonstrated.

Common Pitfalls include progressing volume to quickly, overuse of hip flexor and TFL, and aggressive stretching of hip complex reproducing groin pain or "pinching".

GOALS: Wean off crutches between day 21-35, Normalize IND gait by 6 weeks or sooner, Normal single limb stance, Full PROM