

Osteoplasty/Capsular Repair

Name: _____ Date: ____/____/____

	Phase I: Initial Exercise												
	1	2	3	4	5	6	7	9	13	17	21	25	
<p>Weight Bearing: FFWB x _____ (Foot flat = 20 lbs.)</p> <p>CPM: _____</p> <p>Bledsoe Brace:</p> <ul style="list-style-type: none"> • 0 to 90 degrees for 10 days • Lie prone 1 to 2 hours a night <p>ROM Limits:</p> <ul style="list-style-type: none"> • Flex: 90 degrees 10 times a days • Ext: 0 degrees 3 times a week • Abd: no limits • ER: 0 degrees 3 times a week • IR: no limits <p>Modalities:</p> <ul style="list-style-type: none"> • Begin scar mobilization day 1, massage, active release technique. • E-stim as needed starting week 3. 	Ankle Pumps	•	•										
	Gluteal, quad, HS, T-ab isometrics	•	•										
	Stationary biking with minimal resistance	•	•	•	•								
	Passive ROM (emphasize IR and circumduction)	•	•	•	•	•	•						
	Piriformus stretch	•	•										
	Passive supine hip roll (IR)	•	•										
	Water walking	•	•	•	•								
	Quadruped rocking		•	•									
	Standing hip IR (stool)		•	•									
	Heel slides		•	•									
	Hip abd isometrics		•	•									
	Uninvolved knee to chest		•	•	•	•							
	Prone IR/ER (resisted)		•	•	•	•							
	Two-way leg raises (abd, ext)			•	•								
	Water jogging			•	•								
	Double leg bridges with tubing				•	•							
	Kneeling hip flexor stretch				•	•							
	Leg press (limited weight)					•	•	•					
	Short lever hip flexion												
	Phase II: Intermediate Exercise												
	1	2	3	4	5	6	7	9	13	17	21	25	
Double 1/3 knee bends				•	•	•							
Side supports				•	•	•							
Stationary biking with resistance/ outdoor biking				•	•	•	•						
Swimming					•	•	•	•					
Manual long axis distraction					•	•	•	•					
Manual A/P mobilizations					•	•	•	•					
Dyna-disc (single leg stance)					•	•	•	•					
Advanced bridging (single leg, swiss ball)					•	•	•	•					

Phase II: Intermediate Exercise (continued)	1	2	3	4	5	6	7	9	13	17	21	25
Single leg cord rotation						•	•	•	•			
Pilates skaters						•	•	•	•			
Side stepping						•	•	•	•			
Single knee bends (lateral step downs)						•	•	•	•			
Elliptical/stairclimber						•	•	•	•			
Phase III: Advanced Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Lunges								•	•			
Water bounding/plyometrics								•	•			
Side to side lateral agility								•	•			
Forward/backward running with cord								•	•			
Running progression								•	•			
Initial agility drills								•	•			
Phase IV: Sports Specific Training	1	2	3	4	5	6	7	9	13	17	21	25
Z-Cuts/W-Cuts									•	•	•	•
Cariocas/Ghiardelli's									•	•	•	•
Sports specific drills									•	•	•	•
Functional testing									•	•	•	•