

Phase I: Protection and mobility (0-6 weeks)

Goals:

- *Protect integrity of surgery*
- Reduce pain and inflammation
- Prevent muscle inhibition
- Restore range of motion

Restrictions:

- Non-weight bearing for 6 weeks
- Therapy:
 - No pool therapy until incisions are healed (3 weeks)
 - No closed kinetic chain or weight bearing exercises

Treatment:

- Manual therapy and modalities as needed
- Avoid incision until week 3
- Passive and Active ROM – no restrictions
- Open kinetic chain strengthening of hip musculature and core
 - Focus on hip abductors and posterior chain function

Criteria to progress to next phase:

- Minimal pain, pinching and inflammation
- Full ROM and strength

Phase II: Intermediate phase (6-12 weeks)

Goals:

- Restore gait

Restrictions:

- No impact activities

Treatment:

- Gait Training
- Continue strengthening exercises
 - May progress to closed kinetic chain exercises as tolerated.

Criteria to progress:

- Normal and pain-free gait