

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



# Patient Flow Sheet

proaxistherapy™

## Labral Debridement

*Touch-down (20%) with foot flat weight bearing for 1 week and then WBAT  
Avoid flexion >90° and ER >30° for 2 weeks*

### Phase 1 – PROTECTED MOBILITY

**Week 1** Upright bike with no resistance  
Gentle AROM/PROM within precautions emphasizing pain-free IR, log roll & circumduction  
Emphasize pain-free internal rotation  
Gentle soft tissue mobilization as necessary  
Isometric muscle activation including transverse abs, glut and quad sets  
Closed-chain mobility including cat/camel and quadruped rocking  
Core activation progression (supine/prone)  
Avoid heel slides and supine straight leg raises x 6 weeks

**Weeks 2-3** Continue with bike and mobility exercises above  
Emphasis on gluteal muscle activation, gentle hip flexor activation, and core stability  
Begin aquatic therapy as soon as incisions heal

### Phase 2 – STABILITY AND CONTROL

**Weeks 4-6** Continue upright bike adding minimal resistance  
Continue to maximize AROM/PROM adding lumbosacral and hip mobilization if indicated  
Gradually introduce closed chain muscle activation and balance progression  
Gradual shuttle progression  
Begin swimming and elliptical for cardiovascular endurance (Week #6)

### Phase 3 – STRENGTH

**Weeks 7-11** Ensure full AROM/PROM and symmetrical flexibility  
Squat, lunge, core stability progression

### Phase 4 – RETURN TO SPORT

**Week 12+** Pass Hip Sport Cord Test (17/20)  
Gradual progression of sport-specific training and advanced agilities

### Return to Activities

Golf - chip/putt 2 months  
Running 3 months  
Cutting/pivoting sport 3-4 months