

Name _____

Date _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Capsular Repair, Labral Repair & Osteoplasty/Rim Trim

*Touch-down (20%) with foot flat weight bearing for 3-4 weeks (Dr. Folk will make decision at 1st post-op appt)
Avoid flexion >90°, extension >0°, & ER >0° for 4 weeks*

Phase 1 – PROTECTED MOBILITY

Weeks 1-2 Upright bike with no resistance
Gentle AROM/PROM within precautions including log roll and circumduction
Emphasize pain-free internal rotation
Gentle soft tissue mobilization within precautions
Isometric muscle activation including transverse abdominus, glute and quad sets
Closed-chain mobility including cat/camel and pain-free quadruped rocking
Core activation progression (supine/prone)
Avoid heel slides and supine straight leg raises x 6 weeks

Week 3-4 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

Week 5-8 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

Week 8 Progress closed chain muscle activation/stability exercises
Begin swimming and elliptical for cardiovascular endurance

Phase 3 – STRENGTH

Week 9-16 Ensure full AROM/PROM and symmetrical flexibility
Squat, lunge and core stability progression

Phase 4 – RETURN TO SPORT

Week 16-20+ Prepare for and pass Hip Sport Cord Test (17/20)
Gradual progression of sport-specific training and advanced agilities

Return to Activities

Golf – chip/putt 3-4 months
Running 4 months
Cutting/pivoting sport 5-6 months

Surgeon Comments: