

Name _____

Date _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Microfracture

Touch-down (foot flat) weight bearing for 6 weeks

Avoid flexion >90° and ER >30° for 2 weeks

Phase 1 – PROTECTED MOBILITY

Weeks 1-2

Upright bike with no resistance
Gentle AROM/PROM within precautions including log roll & circumduction
Emphasize pain-free internal rotation
Gentle soft tissue mobilization
Isometrics muscle activation including transverse abdominus, glute, and quad sets
Closed chain mobility including quadruped rocking and cat/camel
Core activation progression (supine, prone, quadruped, kneeling)
Begin aquatic therapy as soon as incisions heal
Avoid heel slides and supine straight leg raises x 6 weeks

Weeks 3-6

Continue with bike and mobility exercises as above
Emphasis on gluteal muscle activation, gentle hip flexor activation, and core stability

Phase 2 – STABILITY AND CONTROL

Weeks 7-10

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
Progress core stability exercises
Begin swimming and elliptical

Phase 3 – STRENGTH

Weeks 11-16

Ensure full AROM, PROM, and symmetrical flexibility
Squat, lunge, 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	4 months
Running	4-5 months
Cutting/pivoting sport	6-7 months