

Week 0-2

- No weight bearing on operative leg.
- Avoid hip flexion past 90 degrees, extension past 0 degrees, or internal rotation past 0 degrees.
- Use crutches as needed for walking.
- Main goal to achieve hip flexion to 90 degrees.

Week 2-6

- Start physical therapy.
- Advance slowly from partial weight bearing to weight bearing as tolerated on operative leg.
- Avoid hip flexion past 90 degrees, extension past 0 degrees, or internal rotation past 0 degrees.
- Main goal to achieve full weight bearing without crutches.

Week 6-12

- Weight bearing as tolerated.
- No ROM restrictions. Advance from PROM to AAROM to AROM.
- Start ROM exercises hip flexion past 90 degrees, extension past 0 degrees, and internal rotation past 0 degrees.
- Continue gait training, strengthening exercises, and proprioception training.
- Main goal to achieve full ROM.

Week 12-24

- Continue hip flexor, abductor, and external rotator strengthening exercises.
- Advance to running program on treadmill as tolerated.
- Continue stretching, strengthening, and ROM exercises as needed.
- Main goal to return to running.

Week 24-36

- Start sport training, cutting activities, and agility drills as tolerated.
- Continue stretching, strengthening, and ROM exercises as needed.
- Main goal to return to sport.