Exercises are introduced on a weekly basis. Please continue with previous exercises to ensure good flexibility and strength. Prescriptions may alter this protocol. Please call Dr. Carlson with questions.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Acute Care</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9-11 and beyond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase I</td>
<td>25%</td>
<td>25%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>WBAT</td>
<td></td>
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<tr>
<td><strong>RESTRICTIONS:</strong></td>
<td>In place for 6 weeks</td>
<td>* Hip Flexion no Greater than 90</td>
<td>* Avoid ER past Neutral</td>
<td><strong>Microfracture 6 weeks NWB</strong></td>
<td>May 2013</td>
<td></td>
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</tbody>
</table>

**Goals of Phase I:**
- Restore ROM
- Diminish pain and inflammation
- Prevent Muscular inhibition
- Normalize gait with 50% WB restriction.

**Criteria to advance to Phase II:**
- Minimal phase I exercises, minimal range of motion
- Normalized heel to toe gait with 50% WB

**Goals of Phase II:**
- Restore pain free ROM, initiate proprioception exercises, normalize gait

**Goals of Phase III:**
- Minimal pain with phase II exercises. Single leg stance with level pelvis.

**Goals of Phase IV:**
- Restoration of muscular endurance, strength and cardiovascular endurance
- Optimize neuromuscular control/balance, proprioception

**Criteria to advance to Phase IV:**
- Single leg mini squat with level pelvis
- Cardiovascular fitness to pre-injury level
- Demonstrate initial agility drills with proper body mechanics

*Return to competition* with full ROM, equal hip strength, no pain with all specific agility drills and ability to tolerate running program.

Questions? Please call:
Northwoods Therapy Associates
Eau Claire, WI
715 839 9266
Chippewa Falls, WI
715 723 5060