



Experts in Orthopedic Care

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<b>Periacetabular Osteotomy (PAO)</b>				
<b>Time Period</b>	<b>Weight Bearing</b>	<b>Goals</b>	<b>Exercises/Treatment</b>	<b>Other</b>
<b>Phase 1 (weeks 0-2)</b>	25% with crutches	Hip flexion PROM and AROM = 0-90°  <5/10 pain  Ankle and Knee normal ROM Pain free exercises	AAROM, PROM pain free Ankle Pumps Ankle ABCs Gluteal Sets Seated SL Knee extension Standing Ham Curls Isometric TrA Nerve Glides Grade I and II for pain management	Provide ADL training  No IR/ER of hip  No extension past 0°
<b>Phase 2 (weeks 2-4)</b>	50% with crutches	Hip Flexion PROM and AROM = 0- 90°  <2/10 pain  ALL exercises should be pain free especially with the hip flexors  ROM performed below 90° of flexion	Everything in phase 1 plus Seated SL knee extension Quad Set Heel Slides Standing ham curls Side-lying HAB Side-lying HAD Standing B Calf Raise Standing 4-way hip Bridge Isometric TrA Hip ROM	May start stationary biking no resistance
<b>Phase 3 (weeks 4-6)</b>	75% with crutches	Hip flexion to 90°  Normalize gait w/ crutches  0/10 pain	4-way hip pain free range Supine, Prone PROM hip all directions pain free Mini squats Bilateral proprioception Progress core stabilization Scar mobilization	Stationary biking okay  If incision is healed, may start pool walking water and leg exercises  ROM of hip below 90°
<b>Phase 4 (weeks 6-12)</b>	WBAT with crutches	Full ROM	Progression LE isotonic exercises at 8wks SL balance progression Manual Therapy techniques	Biking okay  May start golf at 12 weeks
<b>Phase 5 (weeks 12+)</b>	WBAT	Full ROM	Continue above exercises	May start return to run program if no increase in pain or limp

\*Resistive exercises using ankle weight, resistive band cable column, or machine