Hip Percutaneous Screw Fixation

								DOB:			
	Dr: <u>Cinque</u>							DOS:			
ROM	ROM & Muscle Initiation	1	2	3	4	5	6	7-12+	13 –18+	19–24+	25-28+
RESTRICTIONS	PROM – Circumduction, log roll,										
None	side lying flex, abduction, bike Isometrics – quad, TA, glute										
	Cat & camel / Quad rocking										
	Standing TKE										
Weight Bearing status	Abduction supine / standing										
	Reverse Clams / Clam to neutral										
50% PWB x 1wk	Supine hip flexion on ball										
Then	Quadruped hip extension										
Advance as	Side lying glute max/med holds										
tolerated	Weight shift										
	Hip thruster FROM all planes except Flex & ER to 7	E 07 (~ 11 -	ما C:ما	.			20a CM/m	nrono ovtv	. 10	
		5%, (эме	a sia	e iyii	ng no	bia x		prone ext 2	x 10	
	Muscular Endurance 3 x 15, 45s rest							7-12+			
	Side lying deep rotators										
	Squat series										
	Lateral band walk										
	Hip hikers										
	3 way hip glider										
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	3 way hip glider	& G/	Med	isom	etric	strei	ngth	>80%, Trunk	< lat endurc	ince >90%,	Ŷ
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