



**Advanced Orthopedic  
& Sports Medicine Specialists**

<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>	25-50% Using crutches	Hip flexion PROM and AROM = 0-90°  <3/10 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% Using 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	<i>Everything in phase 1 plus</i> *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>	At 6 weeks progress to 75% maintaining good gait pattern	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 ok  Incision healed may start pool walking water and leg exercises  Rom of hip below 90°
<b>Phase 4 (weeks 6-12)</b>	WBAT	Work toward full hip ROM pain free	*Progression LE isotonic exercises @ 8wks *SL balance progression *Manual Therapy techniques	Biking ok  May start golf at 12wks
<b>Phase 5 (weeks 12+)</b>	WBAT	Full ROM	Continue above exercises	May start return to run program, no increase in pain/limp

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