



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Hip Stress Fracture

Name: _____

Date: _____

ROM RESTRICTIONS

Full passive motion AAROM 0-75 degrees for 2 weeks
Then FULL limited by pain

CRUTCHES

At all Times until Further Notice

WEIGHT BEARING STATUS

Foot Flat <10lb for 4 weeks
Then 50% WB for 2 Weeks
Then WBAT for 2 weeks

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises (seated)			●	●	●	●	●							
Toe and heel raises (standing)								●	●	●	●			
Balance series adhering to WB precautions						●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance			●	●	●	●	●	●						
Bike with both legs - resistance							●	●	●	●	●	●	●	●
Upper body ergometry / Cord Resistance	●	●	●	●	●	●								
Aqua jogging			●	●	●	●	●	●	●	●	●	●	●	●
Swimming with pool bouy		●	●	●	●	●								
Pool walking, abduction			●	●	●	●								
Swimming with fins						●	●	●	●	●	●	●	●	●
Treadmill - walking 7% incline								●	●	●	●	●	●	●
Elliptical trainer								●	●	●	●	●	●	●
Rowing								●	●	●	●	●	●	●
Stair stepper								●	●	●	●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends										●	●	●	●	
Double leg bridges										●	●	●		
Reverse lunge - static hold										●	●	●		
Beginning cord exercises										●	●	●		
Balance squats										●	●	●	●	●
Single leg deadlift										●	●	●	●	●
Leg press										●	●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression										●	●	●	●	●
Initial - single plane									●	●	●	●	●	●
Advance - multi directional										●	●	●	●	●
Functional sports test											●	●	●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Outdoor biking, hiking, snowshoeing										●	●	●	●	●
Skiing, basketball, tennis, football, soccer												●	●	●

Signature: _____