

Rehabilitation Protocol: Acetabulum Fracture Repair

Phase 1 (Weeks 0-8)

- **Weightbearing:** Touch-down weightbearing with operative limb utilizing crutches/walker
- **Hip Precautions:** Depends on each individual case. If posterior hip precautions are needed, keep the precautions in place for 6 weeks post-op.
- **Range of Motion:** Heel-slide hip range of motion.
 - **Do not** perform leg lifts, scissor kicks, hip circles, or side raises; these exercises create significant compressive force through the hip joint
- **Therapeutic Exercises**
 - Quad sets
 - Ankle pumps

Phase 2 (Weeks 8-10)

- **Weightbearing:** Advance to 50% partial weightbearing
- **Range of Motion:** Initiate unsupported Active and Active-Assist hip ROM against gravity
- **Therapeutic Exercises**
 - Stationary bicycle
 - Quadriceps isometrics
- Modalities per PT discretion. Okay to begin blood flow restriction therapy.

Phase 3 (Weeks 10-16)

- **Weightbearing:** Advance to weightbearing as tolerated; wean from crutches/walker
- **Range of Motion:** Active/Passive hip ROM as tolerated
- **Therapeutic Exercises**
 - Begin use of treadmill and elliptical trainer
 - Progress use of stationary bicycle with increased resistance; eventual transition to road cycling as comfort/strength improve
 - Weight training

Phase 4 (Weeks 16-26)

- **Weightbearing:** Full weightbearing without any assistive devices
- **Range of Motion:** Active/Passive hip ROM as tolerated
- **Therapeutic Exercises**
 - Advance strengthening
 - Plyometrics
- Return to sports and outdoor recreation activities once cleared by Dr. Gross