| Phase | Estimated Timeline | Variable | Exercises and Recommendations |
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| Phase 1 (Acute Rehabilitation) | Weeks 0-2 | Goals and General Comments | Closely monitor signs of irritation and/or overload |
| | | | Progressively increase pain-free hip ROM in all planes |
| | | | Improve lower limb proprioception, muscular control and activation |
| | | | Normalize heel-toe pattern during full WB gait (1 crutch for painful cases) |
| | | Plinth Exercises | Soft tissue release as needed (psoas, rectus femoris, adductors, TFL) |
| | | | Psoas (supine/kneeling/standing) and quadriceps stretching |
| | | | Supine hip external rotation with theraband |
| | | | Supine bridging (± theraband resistance for isometric hip abduction) |
| | | | Ball bridging |
| | | | Progress bridging exercises (i.e. single limb and ball bridge variations) |
| | | | Prone isometric heel (and gluteal) squeeze |
| | | | Prone hip extension (with extended and flexed knee) |
| | | | Clam exercises |
| | | | Side lying hip abduction |
| | | WB Exercises | Single leg balance and proprioceptive exercises (as pain permits) |
| | | | Standing 'weight shift' activities (using slide boards) |
| | | | Wall/ball and free standing squats (0-75°) with theraband resistance as tolerated |
| | | Cardiovascular | Stationary 'high-seat' cycling if ROM permits (no-low load), 2 x daily (10-20 mins) |
| | | Criteria to Progress | Well managed pain and inflammatory control |
| | | | Good tolerance to load during 'weight shift' activities |
| | | | Proficiency in all non-WB and WB exercises prescribed |
| | | | Normalized heel-toe gait pattern |
| | | | Adequate single limb balance and proprioceptive control (-ve trendelenburg) |
| Phase 2 (Early Rehabilitation) | Weeks 3-4 | Goals and General Comments | Continue Phase 1 activities |
| | | | Progress toward full and pain-free hip ROM |
| | | | Progressively increase lower limb strength |
| | | | Further enhance proprioception, balance and neuromuscular control |
| | | | Improve confidence in walking gait, exercises and daily activities |
| | | Plinth Exercises | Side lying knee extension with theraband (in positions of hip abduction) |
| | | | 4pt hip extension with theraband |
| | | | Supine hip thrust (single leg) |
| | | WB Exercises | Standing hip extension and abduction using therabands |
| | | | Full range wall/ball and free standing squats (theraband resistance as tolerated) |
| | | | Bosu (unstable surface) squats |
| | | | Lunges (theraband resistance as tolerated) |
| | | | Step Exercises (step ups and downs, front step downs, lateral drops) |
| | | | Progress proprioceptive exercises (i.e. ball throws etc.) |
| | | Cardiovascular | Stationary cycling (duration/load as tolerated), including interval training |
| | | Criteria to Progress | Pain-free hip ROM in all planes ≥90% of contralateral limb |
| | | | Proficiency in all non-WB and WB exercises prescribed |
| Phase 3 (Late Rehabilitation) | Weeks 5-6 | Goals and General Comments | Continue variation in Phase 1-2 exercises |
| | | | Progressive increase in trunk, core and lower limb endurance and strength |
| | | | Progressive increase in lower limb muscular strength and power |
| | | Plinth Exercises | Side and prone bridging |
| | | WB Exercises | Arabesque |
| | | | Pelvic drops |
| | | | Walking lunges (straight line) |
| | | | Lateral (crab) and frontal (sumo) theraband walks |
| | | | Single leg squats (ball/wall, free stand, with hip abduction on ball) |
| | | | Functional and proprioceptive single limb exercises (e.g. star excursion) |
| | | Cardiovascular | Elliptical and crosstrainers introduced, including interval training |
| | | | Jogging - flat surface, straight lines |
| | | Criteria to Progress | Peak isometric hip strength (all planes) using a HHD ≥90% of contralateral limb |
| | | | Proficiency in undertaking ≥15 consecutive single leg squats (75-90° knee flexion) |
| | | | Performance on the modified star excursion balance test ≥90% contralateral limb |

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| Phase 4 (Advanced Rehabilitation) | Weeks 6-12 | Goals and General Comments | Continue variation in Phase 1-3 exercises |
| | | | Progressive increase in lower limb muscular strength and power |
| | | | Restoration of sound jump, hop and land mechanics |
| | | Jump, Hop and/or Plyometric Exercises | Bilateral jumping exercises (horizontal and vertical) |
| | | | Bilateral jumping exercises (with plyometric focus) |
| | | | Bilateral jumping exercises (with single limb land ± plyometric focus) |
| | | | Side-to-side jumps over box (± additional weight as required) |
| | | | Cross directional jumping exercises (clock jumps ± theraband) |
| | | | Single limb hop (horizontal and vertical) |
| | | | Single limb hop variations (side, 6m timed, triple and triple crossover) |
| | | | Varied hop exercises (clock hop, square hop etc.) |
| | | | Bench drops (controlled single limb lands) |
| | | | Bench drops (with bilateral plyometric jump) |
| | | | Bench drops (with plyometric jump and land on single limb) |
| | | | Bench drops (with plyometric jump and land on single limb on bosu) |
| | | | Bench drops (with plyometric jump and land on single limb with ball) |
| | | Cardiovascular and/or Agility | Running - flat surface, straight lines, backwards, lateral shuffle |
| | | | Introduce agility exercises (i.e. T-test, Illinois, Figure-8 runs etc.) |
| | | Criteria to Progress | Sound jump/land mechanics during all jump/hop/plyometric exercises introduced |
| | | | Competency and well tolerated return to running activities |
| | | | Single limb hop performance ≥85% of contralateral limb |
| Phase 5 (Agility and Return to Activity-Specific Training) | Weeks 12-16 | Goals and General Comments | Continue variation in Phase 3-4 exercises |
| | | | Restore lower limb strength and functional symmetry |
| | | Cardiovascular and/or Agility | Advance agility exercises |
| | | | Running - unrestricted, cross directional, cutting manoeuvres |
| | | Sport Activities | Sport-specific drills |
| | | | Return to training (non-competitive and competitive) |
| | | Criteria to Progress | Competency and well tolerated return to progressive agility drills |
| | | | Competent and confident return to non-competitive, sport-specific training drills |
| | | | Single limb hop performance ≥90% of contralateral limb |
| | | | Peak isokinetic quadriceps and hamstrings strength ≥85% of contralateral limb |
| Phase 6 (Return to Sport) | Week 16 onwards | Goals and General Comments | Continue to build general fitness, as well as lower limb strength and power |
| | | | Successful return to sport |
| | | Sport Activities | Return to sport |
| | | | Provision (and competency) of relevant injury prevention program |
| | | Criteria to Progress | Competent and confident return to competitive, sport-specific training drills |
| | | Prior to RTS | Sound patient-perceived pain/function (consider ≥96/100 on the HOS-ADL Score) |
| | | | Sound patient-perceived sport capacity (consider ≥80/100 on the HOS-Sport Score) |
| | | | Hip ROM in all planes ≥90% of contralateral limb |
| | | | Hop symmetry (single, triple and triple crossover) ≥90% contralateral limb |
| | | | 16-hop timed agility test symmetry ≥90% contralateral limb |
| | | | Modified Agility T-test symmetry ≥90% contralateral limb |
| | | | Peak isokinetic quadriceps and hamstrings strength ≥90% contralateral limb |
| | | | Sound hop and land lower limb and trunk mechanics |
| | | | Successful completion of competitive, sport-specific training drills |