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Hip Arthroscopy Labral Repair Therapy Protocol

**Bart Eastwood D.O.
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Blacksburg, VA 24060
540-552-7133**

****Precautions:** patients will be partial weight bearing until 3 weeks post-op for labral repairs. If the procedure includes any other procedures such as: chondral repairs, microfractures, acetabuloplasty etc, the patient will be NWM for 6 weeks or until their physician progresses their weight bearing.

PHASE I: (Day 1-5)

Goals:

Decrease pain and inflammation
Prevent pain when rising from chair
Teach patient recruitment of core musculature when rising from chair to avoid anterior hip pain

Precautions:

Avoid excessive flexion and abduction
Avoid hip hike with use of upright bike

Treatment Strategies:

NSAIDS/Cryotherapy
CPM (start 30°-70°) increase as tolerated to 0°-90°
Start isometrics

- Quad sets, glute sets, abductor sets, adductor sets, transverse abdominals

Ergometry-seat at highest setting on upright stationary bike, but allows patient to reach pain free. Must be able to perform without pain and without substitution. May perform 1-2x/day x 15-20 minutes. Upright bike is used to avoid irritation to hip flexors, which may occur on a recumbent bike.

PHASE II: Tissue Healing Phase (Weeks 1-4)

*Patient to be seen 2x/week if they don't have access to a stationary bike at home. Frequency can be 1x/week or 1x/every 2 weeks if normal gait pattern has been achieved.

Goals:

Protocol Field Manual

David Eifrig



Protocol Field Manual:

The Doctor's Protocol Field Manual David Eifrig, 2013 A Field Guide to Wireless LANs Thomas Maufer, 2004 Finally an 802.11 deployment guide for business and home use that demystifies the alphabet soup of IEEE standards and explains the features and benefits of each with regards to speeds and feeds **EMS Field Protocol Manual** Jon Apfelbaum, MD Apfelbaum, 1998-10 This field manual provides essential emergency information from assessment to medications to protocols and procedures for EMTs paramedics and emergency room personnel *GLOBE Program Teacher's Guide*, 2002 *The GLOBE Program Teacher's Guide*, 2002 *Network Protocol Handbook* Matthew G. Naugle, 1994 This network protocol reference handbook details the most common protocols currently in use by most networked sites Using a one chapter per protocol format the book covers Transport Control Protocol Internet Protocol TCP/IP Xerox Network System XNS Internet Packet Exchange Sequence Packet Exchange IPX SPX DECnet Phase IV Local Area Transport LAT IEEE 802.2 and Open Systems Interconnection OSI GOSIP **Field Guide to Microsoft Works for Windows 95**, 1995 For the price sensitive people who use Works those running small businesses or home users this low priced quick reference is a real find It provides an easy access concise visual quick reference to Works for Windows 95 with step by step coverage of all the essential tasks terms and techniques that beginning to intermediate users need to quickly get to work with Works *Cisco Access Lists Field Guide* Gilbert Held, Kent Hundley, 2000 ONE STOP GUIDE TO CONFIGURING CISCO ACCESS LISTS Configuring access lists for Cisco Routers and for network operations is one of the most difficult tasks for network administrators working in a Cisco networking environment Cisco Access Lists Field Guide by Gil Held and Kent Hundley CCNA makes this task far less of a headache This comprehensive reference thoroughly explores basic dynamic time based reflexive and context based access lists and the use of keywords Following a consistent reader friendly format each chapter covers the problem offers a network illustration and access list and a full explanation This invaluable guide also describes potential pitfalls and tells you how to avoid them You also get hundreds of practical examples of access lists that can be tailored to your own environment *The Army Lawyer*, 1999 **CIS Index to U.S. Executive Branch Documents, 1910-1932: War Department (1 v.); War Department, War Trade Board (4 v.)**, 1996 *Inventory and Assessment of Avifauna and a Monitoring Protocol Proposal for Tonto National Monument, Arizona* Katherine L. Hiatt, 1999 **The State of Health Behaviour and Lifestyle of Pacific Youth**, 2001 *Guide to TCP/IP* Laura Chappell, Ed Tittel, 2006-08-14 This text provides a comprehensive look at TCP/IP It includes coverage of the latest TCP/IP stack implementations illustrating key skills with extensive hands on projects in depth case projects and review questions in each chapter Roadside Ultrafine and Nanoparticle Particle Number Distributions in Northern Central Valley, CA and Relationships to Meteorology and Traffic Margay Katherine Nanzetta Converse, 2004 **California. Court of Appeal (1st Appellate District). Records and Briefs** California (State)., Forestry Best Management Practices in Maryland Steven W. Koehn, 2009 **Essays on War in International Law** C. J.

Greenwood, 2006 The essays contained in this volume deal both with the law concerning resort to force *jus ad bellum* and the law which regulates the conduct of hostilities once the decision to resort to force has been taken *jus in bello* The collection looks at Iraqi invasion of Kuwait in 1990 and shift towards the interpretation of decisions of the Security Council rather than the reliance on the law of self defence in assessing the legality or illegality of a state's resort to force Also addressed are questions of whether international law permits the pre-emptive use of force and humanitarian intervention The collection also contributes to the debates surrounding the law on the conduct of hostilities the laws of war properly so called including intense debate over whether nuclear weapons could ever lawfully be employed whether there is a role for belligerent reprisals in modern international law the system for the prosecution of war crimes and the duties of the belligerent occupant

Utah State Bulletin, 1999 the official noticing publication of the executive branch of Utah State Government

Defending Civil Resistance Under International Law Francis Anthony Boyle, 1987 This work discusses the defense of civil disobedience cases in the United States on the basis of international law The Supreme Court has held that international law is binding on American law and the strategies of international law arguments in cases of arrests for non-violent resistance are examined **International Criminal Law** Jordan J. Paust, 2007 The third edition has been significantly updated especially to reflect case trends in the International Criminal Tribunals for Former Yugoslavia and for Rwanda encompassing among other matters individual responsibility defenses war crimes genocide and other crimes against humanity as well as developments and issues with respect to creation of the new permanent International Criminal Court Some chapters have been deleted and some materials have been cut back to include new materials for a more manageable book

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Table of Contents Protocal Field Manual

1. Understanding the eBook Protocal Field Manual
 - The Rise of Digital Reading Protocal Field Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Protocal Field Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Protocal Field Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Protocal Field Manual
 - Personalized Recommendations
 - Protocal Field Manual User Reviews and Ratings
 - Protocal Field Manual and Bestseller Lists
5. Accessing Protocal Field Manual Free and Paid eBooks

- Protocal Field Manual Public Domain eBooks
- Protocal Field Manual eBook Subscription Services
- Protocal Field Manual Budget-Friendly Options
- 6. Navigating Protocal Field Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Protocal Field Manual Compatibility with Devices
 - Protocal Field Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Protocal Field Manual
 - Highlighting and Note-Taking Protocal Field Manual
 - Interactive Elements Protocal Field Manual
- 8. Staying Engaged with Protocal Field Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Protocal Field Manual
- 9. Balancing eBooks and Physical Books Protocal Field Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Protocal Field Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Protocal Field Manual
 - Setting Reading Goals Protocal Field Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Protocal Field Manual
 - Fact-Checking eBook Content of Protocal Field Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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