

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

HIP ABDUCTOR REPAIR PROTOCOL

Surgical Date: _____

Side: ☐ Right ☐ Left

Diagnosis: Arthroscopic/Open Gluteus Medius/Minimus Repair with or without Labral Debridement

Postop	Goals	Precautions	Exercises
Weeks 0-4 HEP daily	Pain-free ROM Edema and pain control Promote independence	TTWB (20 lb) x 6 weeks No active abduction or IR° No passive ER (4 weeks) or adduction (6 weeks) Brace except for approved exercises and CPM <u>CPM (2 hrs/day x 4 weeks)</u> Start 0-90°, advance 5-10° per day as tolerated	Bike 20 min/day (can be 2x/day) as tolerated Scar massage PROM - flexion and abduction as tolerated, log roll Stool stretch for hip flexors and adductors Quadruped rocking for hip flexion Gait training with assistive device Hip isometrics – extension, adduction, ER at 2 weeks Hamstring isotonic Pelvic tilts NMES to quads with SAQ with pelvic tilt
Weeks 4-8 HEP daily	Full ROM FWB with crutches Improve ADL endurance	TTWB (20 lb) x 6 weeks, progress thereafter to FWB by 8 weeks with crutches Avoid painful activities No running	Continue above exercises Progress hip ROM - stool rotations IR/ER (20° max until 6 weeks, then as tolerated), standing on BAPS, prone hip ER/IR; Hip joint mobs with mobilization belt (if needed) at 6 weeks – lateral and inferior with rotation, prone posterior-anterior glides with rotation Supine bridges Progress core strengthening (avoid hip flexor tendonitis) Progress hip strengthening – isotonic adduction, isometric sub max pain free hip flexion, quadriceps strengthening Scar massage
Weeks 8-12 HEP daily	Full ROM Return to normal ADLs Improve endurance	WBAT Wean off crutches and brace without trendelenberg gait Avoid painful activities	Progress hip ROM Progress LE strengthening – hip isometrics for abduction and progress to isotonic, bilateral leg press, knee flexion/extension isokinetics Progress core strengthening Begin proprioception/balance with balance board and single leg stance Bilateral cable column rotations Elliptical Hip flexor, glute/piriformis, and ITB stretching Progress balance and proprioception Treadmill side stepping, progress to theraband
Weeks 12+ HEP daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities	Continue and advance above exercises Hip hiking on stairmaster Endurance activities around the hip Dynamic balance activities Treadmill running program and sport-specific agility drills

Frequency & Duration: ☐ 1-2 ☐ 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**