

R. JOHN ELLIS, JR., M.D.
MARK E. PETRIK, M.D.
LAWRENCE A. SCHAPER, M.D.
MARK G. SMITH, M.D.
G. JEFFREY POPHAM, M.D.
AKBAR NAWAB, M.D.
MICHAEL SALAMON, M.D.
MATTHEW PRICE, M.D.
DANIEL RUEFF, M.D.



ORTHOPAEDIC SURGERY
FRACTURES
JOINT REPLACEMENT
SPORTS MEDICINE

ILIOPSOAS RELEASE PROTOCOL

The following protocol should be used as a guideline for rehabilitation progression, but may need to be altered pending the nature and extent of the surgical procedure, healing restraints or patient tolerance.

- Patient will be released from the hospital the same day as surgery.
- Surgical dressing should be removed 2 days post op in physical therapy.
- Patient will be weight bearing as tolerated, using crutches to promote normal gait pattern. May need crutches for 2-4 weeks. Crutches may be discontinued if gait is approaching a normal pattern.
- Begin outpatient physical therapy 2-3 days post op.
- Always use pharmacologic prophylaxis to combat heterotopic ossification (unless contraindicated). You must initiate and maintain this immediately post-op.
- There needs to be a gentle emphasis on hip extension exercises.
- Aggressive hip flexion strengthening needs to be delayed for 6 weeks.
- Functional progression of activities may proceed according to patient's tolerance to the exercises and general activity.
- Resumption of full activities is anticipated after 3 months (variable as determined by hip symptoms)

PHASE 1: INITIAL PHASE

Week 1

- Ankle pumps
- Glut sets
- Quad sets
- Hamstring sets
- Adductor isometrics
- Passive heel slides with a belt/strap for hip ROM
- Pelvic tilts in hook-lying facilitate abdominals and gluteals
- Double leg bridges (as tolerated)
- Seated knee extensions (without hip flexion activation)
- Prone on elbows → Press-ups for Iliopsoas and Abdominal stretch (avoid low back pain)
- Prone knee flexion → Prone on elbows with knee flexion
- Standing hip ABD/EXT (depending on comfort level) exercises without resistance
- Hip mobilization (grade I) – PRN for pain relief

Week 2

Continue with previous exercises, but may add:

- Superman and Aquaman while in prone on a pillow
- Supine hamstring stretches with a belt
- Stationary bike without resistance
- Mini squats
- Calf raises
- Theraband resistance (start very low resistance) – abduction, adduction, extension

Week 3

Continue with previous exercises, but may add:

- Progress to single leg bridges
- Side lying hip ER - Clamshells
- Leg raises – abduction, extension
- Leg press with 90 degrees hip flexion
- PPT with Marches as tolerated
- Supine Iliopsoas/Rectus Femoris stretch (gentle) with involved leg off of table as tolerated

Patient may progress to phase 2 when they have achieved the following: minimal pain with phase 1 exercises, minimal range of motion limitations, normalized gait without crutches

PHASE 2: INTERMEDIATE PHASE

Weeks 4-5

Continue with previous or modified versions of previous exercises, but may add:

- Crunches
- BOSU squats
- Standing theraband resistance/pulley – abduction, adduction, flexion, extension

Week 6

Continue with previous or modified versions of previous exercises, but may add:

- Physioball exercises: hip lift, knees bent hip lift, curls, balance, superman
- Single leg balance retraining/SportKat/Rebounder routine
- Knee extension machine
- Hamstring curl machine

Patient may progress to phase 3 when they have achieved the following: minimal pain with phase 2 exercises and single leg stance with level pelvis.

PHASE 3: ADVANCED EXERCISES

Weeks 7-8

Continue with previous or modified versions of previous exercises, but may add:

- Single leg mini squat
- Step ups
- Theraband walking patterns (approx. 25 yds): forward, sidestepping, carioca, monster steps, backward, ½ circles forward and backward. Start with band at knee height and progress to ankle height.
- Cardiovascular fitness
- Elliptical

Patient may progress to phase 4 when they have achieved the following: single leg mini squat with level pelvis, cardiovascular fitness equal to pre-injury level, demonstration of initial agility drills with proper body mechanics.

PHASE 4: SPORTS SPECIFIC TRAINING REHAB CLINIC BASED PROGRESSION

Weeks 9-11

Continue with previous or modified versions of previous exercises, but may add:

- Single leg pick ups
- Step drills, quick feet step ups, forward, lateral, carioca
- Plyometrics, double leg and single leg jumps
- Theraband walking patterns 1 rep of 6 exercises at 50 yds.
- Pool running or treadmill jogging

Week 12+

Continue with previous or modified versions of previous exercises, but may add:

- Running progression
- Sport specific drills
- Traditional weight training

Criteria for full return to sport:

- **Full range of motion**
- **Hip strength equal to uninvolved side; single leg pick-up with level pelvis**
- **Ability to perform sport-specific drills at full speed without pain**
- **Completion of functional sports test**