



Call my assistant Cameron for appts, questions, concerns: 307-745-1409
 Call 307-745-8851 for appts, questions, concerns after business hours

REHABILITATION GUIDELINES FOR ARTHROSCOPIC ABDUCTOR REPAIR

PHASE I (1-8 WEEKS)

DATES:

Appointments	MD appointment at (10-14 days) Begin physical therapy (5-7 days)
Rehabilitation Goals	<ul style="list-style-type: none"> • Decrease swelling • Pain control • Protection of repair
Precautions	<ul style="list-style-type: none"> • 20% Flat Foot weight bearing x 6 weeks • Gradual progression of WB for 6-8 weeks with crutches to 100% weightbearing by week 8 • External Rotation to 0° • No Passive adduction • No Active abduction and internal rotation • CPM 6 hours daily • Spend 2 hours per day on stomach to allow for mild stretching of the hip flexors • Avoid impinging with passive or active flexion
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Passive Range of Motion • Partner assisted ROM recommended for 10 minutes, 2x/day • Circumduction (hip circles) • Internal rotation (log rolls) • Active/Active Assistive Range of Motion • Week 1 begin quadruped rocking and cat/camel • Upright stationary bike without resistance 20 minutes per day • No recumbent biking • Initiate Thomas stretch at week 3 • Isometrics • Quad sets, Glut sets, Transverse abdominis isometrics • Edge of bed hip extension • Standing Skaters (abduction with IR) for glut medius • Swiss ball flexion (hamstring ball rolls) for initial psoas activation • Tall kneeling with controlled rotation and pelvic tilt
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike w/o resistance
Progression Criteria	<ul style="list-style-type: none"> • Pain-free passive hip flexion and abduction • Able to maintain full bridge position without compensations • Mild deviations in gait with no discomfort and no Trendelenberg • Maintain stable tall kneeling position without anterior hip discomfort

PHASE II (8-12 WEEKS)

DATES:



Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> ● Full active and passive ROM including pain-free standing hip flexion ● Rotary stability including side and front planks without compensations or pain ● Normalize gait ● Increase leg strength to allow for: <ul style="list-style-type: none"> ● Walking 1 mile ● Stair descending without compensation ● Single leg bridge ● Double knee bends without compensations ● Single knee bend to 70° without compensations
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> ● Closed chain double leg strength and stability exercises at therapist's discretion. Include multiplanar strength and proprioception; bridging progression, closed chain hip abduction strength ● Bike gradually increasing resistance at week 10 and when patient can ambulate without a limp; limit to a maximum of 30 minutes total for the first two weeks then continue to progress gradually if there is no increased hip pain ● Elliptical trainer beginning at week 10 ● Swimming without leg kick (using a pool buoy) beginning at week 8. Swimming with kicking allowed at week 12 only if there is no hip flexor pain
Progression Criteria	<ul style="list-style-type: none"> ● Full active and passive ROM ● Ascending and descending stairs with involved leg without pain or compensation ● Gait without deviations or pain after 1 mile of walking on level surface ● At least 1 minute of double knee bends without compensations ● Single knee bends to 70° flexion without compensations ● Rotary stability and ability to hold plank

PHASE III (12+ WEEKS)

DATES:

Appointments	Continue physical therapy (1-2x week as needed) until DC
Rehabilitation Goals	<ul style="list-style-type: none"> ● Restore multi-directional strength and agility ● Restore ability to absorb impact on leg (plyometric strength) ● Full extension for normal running mechanics
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> ● Progressive hip ROM and stretching ● Progressive LE and core strengthening ● Endurance activities around the hip ● Dynamic balance activities ● Treadmill running program ● Sport specific agility drills and plyometrics



Return to Sport	<ul style="list-style-type: none">● Bilateral 1 minute single leg stance with alternate hip flexion/extension ●Resisted single leg squat for 3 minutes
Progression Criteria	<ul style="list-style-type: none">● Full Pain free AROM● Independent HEP

REF: WESTERN ORTHOPEDICS