

Abductor Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<p>Weeks: 0-4</p> <p>PT 1x/week</p> <p>HEP daily</p>	<p>Edema and pain control</p> <p>Protect surgical repair</p> <p>Avoid hip flexor tendonitis, trochanteric bursitis, synovitis</p> <p>Manage scar around portal sites</p> <p>Increased ROM focusing on flexion, NO active abduction, NO passive adduction past neutral, gentle IR/ER</p>	<p>No active abduction</p> <p>No passive adduction past neutral</p> <p>FF NWB 6 weeks (cruch, walker)</p>	<ul style="list-style-type: none"> - CPM for 2 hours/day (if appropriate per pain) - Bike for 20 minutes/day (can be 2x/day) - Scar massage - - Hip PROM: <ul style="list-style-type: none"> o Passive hip flexion as tolerated o Passive abduction as tolerated o Log roll o No active abduction or IR o No passive ER (4 weeks) or adduction (6 weeks) - Stool stretch for hip flexors/adductors - Quadruped rocking for hip flexion - Gait training PWB with assistive device - Hip isometrics: <ul style="list-style-type: none"> o Extension, adduction, ER @ 2 weeks - Hamstring isotonic - Pelvic tilts - NMES to quads with SAQ (short arc quads) with pelvic tilt - Modalities
<p>Weeks 4-6</p> <p>PT 1-2x/week</p> <p>HEP daily</p>	<p>Pain control</p> <p>Protect surgical repair</p> <p>Continue with previous therex</p> <p>Avoid hip flexor tendonitis, trochanteric bursitis, synovitis</p> <p>Manage scar around portal sites</p> <p>Increased ROM focusing on flexion, NO active abduction, NO passive adduction, gentle IR/ER</p>	<p>NWB 6 weeks</p>	<ul style="list-style-type: none"> - Stool rotations IR/ER (20 degrees) - Supine bridges - Isotonic adduction - Progress core strengthening (AVOID hip flexor tendinitis) - Progress hip strengthening <ul style="list-style-type: none"> • Start isometric sub max pain free hip flexion (4 weeks) • Quadriceps strengthening • Scar massage - Aqua therapy in low end of water

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<p>Weeks 6-8</p> <p>PT 2x/week</p> <p>HEP daily</p>	<p>Continue with previous therex</p> <p>Avoid hip flexor tendonitis, trochanteric bursitis, synovitis</p> <p>Manage scar around portal sites</p>	<p>Progress to WBAT</p> <p>Progress with hip ROM</p> <ul style="list-style-type: none"> - Passive hip ER/IR <p>Normalize gait</p>	<ul style="list-style-type: none"> - Passive hip ER/IR <ul style="list-style-type: none"> • Stool rotation ER/IR as tolerated -> standing on BAPS -> prone hip ER/IR - Hip joint mobs with mobilization belt <ul style="list-style-type: none"> • Lateral and inferior with rotation • Prone posterior-anterior glides with rotation - Progress core strengthening (avoid hip flexor tendonitis)
<p>Weeks: 8-10</p> <p>PT 2-3x/week</p> <p>HEP daily</p>	<p>Continue with previous therex</p> <p>Avoid hip flexor tendonitis, trochanteric bursitis, synovitis</p>	<p>Normalize gait</p>	<ul style="list-style-type: none"> - Progressive hip ROM - Progressive LE and core strengthening <ul style="list-style-type: none"> • Hip isometrics for abduction and progress to isotonic • Leg press (bilateral LE) - Isokinetics: knee flexion/ extension - Progress core strengthening - Begin proprioception/balance <ul style="list-style-type: none"> • balance board and single leg stance - Bilateral cable column rotations - Elliptical
<p>Weeks: 10-12</p> <p>PT 1-2x/week</p> <p>HEP daily</p>	<p>Continue with previous therex</p> <p>Progressive hip ROM</p>		<ul style="list-style-type: none"> - Progressive LE and core strengthening <ul style="list-style-type: none"> • Hip PREs and hip machine • Unilateral leg press • Unilateral cable column rotation • Hip Hiking • Step downs - Hip flexor, glute/piriformis, and IT-band stretching – manual & self - Progress balance and proprioception <ul style="list-style-type: none"> • Bilateral -> unilateral -> foam -> dynadisc - Treadmill side stepping from level surface holding on progressing to inclines when gluteus medius is with good strength - Side stepping with theraband - Hip hiking on stairmaster (week 12)
<p>Week 12+</p>	<p>Continue with previous therex</p>		<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

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