



Iliopsoas Release

This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

- **Weight bearing as tolerated – use crutches to normalize gait.**
 - May be needed for 2-4 weeks
- **Gentle emphasis on passive extension exercises.**
- **Aggressive hip flexion strengthening delayed 6 weeks.**
- **Functional progression as tolerated.**
- **Resumption of full activities allowed as tolerated after 3 months.**
- **Always use pharmacologic prophylaxis against heterotopic ossification (unless contraindicated).**
 - Quiz patient
 - Must initiate and maintain immediately postop

PHASE 1:

WEEK 1

Initial Exercise (*Weeks 1-3*)



Seated knee extensions



Seated weight shifts



PHASE 1: **WEEK 1**

Initial Exercises (*Weeks 1-3*)



Ankle pumps



Hamstring sets



Glut sets



Adductor isometrics



Quad sets



Heel slides, active-assisted range of motion



PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Log rolling



Double leg bridges



Pelvic tilt



Prone on elbows



Trunk rotation



Prone knee flexion



PHASE 1:

WEEK 1

Initial Exercises (*Weeks 1-3*)



Standing abduction without resistance



Standing flexion without resistance



Standing adduction without resistance



Pain dominant hip mobilization – grades I, II



Standing extension without resistance

Other Exercises Week 1

- Standard stationary bike without resistance at 3 days post-op (10 min. if tolerated)
- Upper body ergometer, upper body strengthening



PHASE 1:

WEEK 2

In Addition to Previous Exercises (*Weeks 1-3*)



Abduction isometrics



Superman



1/4 Mini squats



Theraband resistance on affected side –
Abduction (start very low resistance)



Standing heel lifts



Theraband resistance on affected side –
Adduction (start very low resistance)



PHASE 1:

WEEK 2

In Addition to Previous Exercises (*Weeks 1-3*)



Theraband resistance on affected side – Flexion (start very low resistance) **ONLY IF TOLERATED**



Theraband resistance on affected side – Extension (start very low resistance)

Other Exercises Week 2

- Wall mini-squats
- Physioball mini-squats with cocontraction
- Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

PHASE 1:

WEEK 3

In Addition to Previous Exercises (*Weeks 1-3*)



Stiffness dominant hip mobilization – grades III, IV



PHASE 1:

WEEK 3

In Addition to Previous Exercises (*Weeks 1-3*)



Double leg bridges to single leg bridges



Leg raise – Extension



Clamshells (pain-free range)



Shuttle leg press 90 degree hip flexion with co-contraction of adductors



Leg raise – Abduction



Dead bug



PHASE 1:

WEEK 3

In Addition to Previous Exercises (*Weeks 1-3*)



Quadruped 4 point support, progress 3 point support, progress 2 point



Lateral walking over cups and hurdles (pause on affected limb), add ball toss while walking



Seated physioball progression – hip flexion

Other Exercises Week 3

- Continue stationary bike with minimal resistance – 5 min. increase daily
- Active range of motion with gradual end range stretch within tolerance
- Leg raise – Adduction
- Single leg sports cord leg press (long sitting) limiting hip flexion

Goals of Phase 1

- Restore range of motion
- Diminish pain and inflammation
- Prevent muscular inhibition
- Normalize gait

Criteria for progression to Phase 2

- Minimal pain with phase 1 exercises
- Minimal range of motion limitations
- Normalized gait without crutches



Forward walking over cups and hurdles (pause on affected limb), add ball toss while walking



PHASE 2: **WEEKS 4-5**

Intermediate Exercises (*Weeks 4-6*)



Crunches



Standing theraband/pulley weight – Adduction



Bosu squats



Standing theraband/pulley weight – Flexion



Standing theraband/pulley weight – Abduction



Standing theraband/pulley weight – Extension



PHASE 1:

WEEKS 4-5

Intermediate Exercises (*Weeks 4-6*)



Single leg balance – firm to soft surface



Sidestepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)



Clamshells with theraband

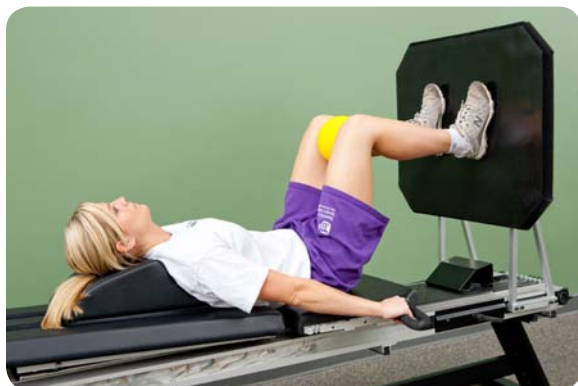
Other Exercises Weeks 4-5

- Gradually increase resistance with stationary bike
- Initiate elliptical machine
- Pool water exercises – flutterkick swimming, 4 way hip with water weights, step-ups

PHASE 1:

WEEK 6

Intermediate Exercises (*Weeks 4-6*)



Leg press (gradually increasing weight)



PHASE 1: **WEEK 6**

Intermediate Exercises (*Weeks 4-6*)



Physioball hamstring exercises – hip lift, bent knee hip lift, curls, balance



Superman on physioball – 2 point on physioball

Other Exercises Week 6

- Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/simulated ex.)
- Knee extensions, hamstring curls

Goals of Phase 2

- Restore pain-free range of motion
- Initiate proprioception exercises
- Progressively increase muscle strength and endurance

Criteria for progression to Phase 3

- Minimum pain with phase 2 exercises
- Single leg stance with level pelvis



PHASE 3: **WEEKS 7-8**

Advanced Exercises (*Weeks 7-8*)



Step-ups with eccentric lowering



Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed



Lunges progress from single plane to tri-planar, add medicine balls for resistance and rotation



Single leg body weight squats, increase external resistance, stand on soft surface



Theraband walking patterns – forward, sidestepping, carioca, monster steps, backward, ½ circles forward/backward – 25 yds. Start band at knee height and progress to ankle height

Other Exercises Weeks 7-8

- Full squats
- Single stability ball bridges

Goals for Phase 3

- Restoration of muscular endurance/strength
- Restoration of cardiovascular endurance
- Optimize neuromuscular control/balance/proprioception



PHASE 3: **WEEKS 7-8**

Advanced Exercises (*Weeks 7-8*)

Criteria for Progression to Phase 4

- Single leg mini-squat with level pelvis
- Cardiovascular fitness equal to preinjury level
- Demonstration of initial agility drills with proper body mechanics

PHASE 4: **WEEKS 9-11**

Sports specific training rehab clinic based progression



Single leg pick-ups, add soft surface

Other Exercises Weeks 9-11

- All phase 3 exercises
- Pool running (progress from chest deep to waist deep), treadmill jogging
- Step drills, quick feet step-ups (4-6 inch box) forward, lateral, carioca
- Plyometrics, double leg and single leg shuttle jumps
- Theraband walking patterns 1 rep of six exercises x 50yds, progress to band at knee height and ankle height

PHASE 4: **WEEKS 12 & BEYOND**

Sports specific training on field or court

Other Exercises Weeks 12 & Beyond

- Running progression
- Sport specific drills
- Traditional weight training

Criteria for full return to competition

- 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