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## 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)

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## **PHASE 1: INITIAL PHASE**

### **Week 1**

- Ankle pumps
- Glut sets
- Quad sets
- Hamstring sets
- Adductor/IR 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