

COMPREHENSIVE PHYSICAL THERAPY		
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Sports Medicine/Foot & Ankle

Hip Abductor Tendon Repair

Post-op Protocol

Weeks 0 to 4-6

- Hip abduction brace x6 weeks
- **Weight Bearing**
 - Partial thickness repair: 25% weight bearing x 4 weeks
 - Full thickness repair: 25% weight bearing x 6 weeks
- **Range of motion restrictions:**
 - No active hip abduction
 - Partial thickness repair: 4 weeks
 - Full thickness repair: 6 weeks

Starting Weeks 4 or 6

- **Goals**
 - Wean off crutches (over 7 to 10 days)
 - Start at 4 weeks for partial thickness repair
 - Start at 6 weeks for full thickness repair
 - Normal gait
 - Normal single limb stance
 - Full range of motion
 - Improve lower extremity muscle activation, strength and endurance
- **Manual therapy**
 - Scar mobilization
 - STM to quad, ITB, hip flexors, glutes, hip adductors/abductors/rotators
 - Continue work on range of motion (FABER, flexion, abduction, IR, ER)
- **Exercise**
 - Progress AROM and strengthening as tolerated

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