

Ryan S. Charette MD Adam Q Ferguson DO Jon Dale PA-C Christa Beyer PA-C Aaron S Covey MD MBA Rania R. Rifaey MD Edward S. Gensicki DPM Megan R. Wolf MD Jon C Driscoll MD Hudson H. Seidel MD Robert C. Stockton DO



www.comcllc.com PH:203.265.3280 FX:203.741.6569

COMPREHENSIVE PHYSICAL THERAPY

Melinda Amato OTR/L CHT Brandon Heyda OTR/CHT Raymond Ryan PT/Director Valerie Peckingham PT Isabella Mesturini PT,DPT Peter Ives PTA Kirsten Perillo PTA

Megan R. Wolf, MD Sports Medicine/Foot & Ankle

Hip Abductor Tendon Repair
Post-op Protocol

Weeks 0 to 4-6

- Hip abduction brace x6 weeks
- Weight Bearing
 - o Partial thickness repair: 25% weight bearing x 4 weeks
 - o 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
 - o Normal single limb stance
 - o Full range of motion
 - o Improve lower extremity muscle activation, strength and endurance
- Manual therapy
 - Scar mobilization
 - o STM to quad, ITB, hip flexors, glutes, hip adductors/abductors/rotators
 - Continue work on range of motion (FABER, flexion, abduction, IR, ER)
- Exercise
 - o Progress AROM and strengthening as tolerated

Revised 11/23/2021