



## Iliopsoas Release Protocol

Surgery Date: \_\_\_\_\_

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 as tolerated after 3 months.**

**Always use pharmacologic prophylaxis against heterotopic ossification (unless contraindicated)**

- Quiz patient
- Must initiate and maintain immediately postop.

**Phase 1: Initial Exercises (Week 1-3)**

**Goals of Phase 1**

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

**Week 1 Date:** \_\_\_\_\_

- Seated knee extensions
- Seated weight shifts
- Ankle pumps
- Hamstring sets
- Glut sets
- Adductor isometrics
- Quad sets
- Heel slides, active-assisted range of motion
- Log IR rolling
- Double leg bridges
- Posterior pelvis tilt
- Prone on elbows
- Lower trunk rotation (supine)
- Prone knee extension
- Standing abduction, adduction, flexion, extension without resistance
- Pain dominant hip mobilization – grades I, II

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

**Week 2 Date:** \_\_\_\_\_

- Abduction isometrics
- Superman
- ¼ mini squat
- Thera band resistance on affected side – abduction, adduction, and extension (start very low resistance). Flexion ONLY IF TOLERATED
- Standing heel raises
- **Other:**
  - Wall mini-squats
  - Physio-ball mini-squats with co-contraction
  - Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

**Week 3 Dates:** \_\_\_\_\_

- Manual hamstring stretch
- Stiffness dominant hip mobilization – grades III, IV
- Double leg bridges to single leg bridges
- Prone leg raise – extension
- Sidelying Clamshells (pain-free range)
- Shuttle leg press 90 degree hip flexion with co-contraction of adductors
- Sidelying leg raise – abduction
- Dead bug
- Quadriped 4 point support, progress 3 point support, progress 2 point support
- Seated physio-ball progression – Hip Flexion
- Forward walking over cups and hurdles (pause on affected limb), add ball toss while walking
- Lateral walking over cups and hurdles (pause on affected limb), add ball toss while walking
- **Other:**
  - Stationary bike with minimal resistance (5 min increase daily)
  - Active range of motion with gradual end range stretch with tolerance
  - Sidelying leg raise – adduction

- Single leg sports cord leg press (long sitting) limiting hip flexion

### Criteria for progressing to Phase 2

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

### Phase 2: Intermediate Exercises (Weeks 4-6)

#### Goals of Phase 2

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

**Weeks 4-5 Dates:** \_\_\_\_\_

- Crunches
- Bosu squats
- Standing thera band/pulley weight – Abduction, Adduction, Flexion, Extension
- Single-leg balance – firm to soft surface
- Sidelying Clamshells with thera band
- Sidestepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)
- **Other:**
  - Gradually increase resistance with stationary bike
  - Initiate elliptical machine
  - Pool water exercise – flutter kick swimming, 4 way hip with water weights, step-ups

**Week 6 Date:** \_\_\_\_\_

- Leg press (gradually increasing weight)
- Physio-ball hamstring exercises – hip lift, bent knee hip lift, curls, balance
- Superman on physio-ball – 2 point on physio-ball
- **Other:**
  - Single leg balance – firm to soft, surface with external perturbation (ball catch, sports specific/simulated ex)
  - Knee extensions, hamstring curls

### Criteria for progression to Phase 3

- ◇ Minimum pain with phase 2 exercise
- ◇ Single leg stance with level pelvis

### Phase 3: Advanced Exercises (Weeks 7-8)

#### Goals for Phase 3

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

**Weeks 7-8 Dates:** \_\_\_\_\_

- Step-ups with eccentric lowering
- Lunges progress from single plane to tri-planar, add medicine balls for resistance and rotation

- Thera band walking patterns – forward, sidestepping, carioca, monster walks, backward, ¼ circles forward/backward – 25 yards. Start band at knee height and progress to ankle height.
- Side steps over cups/hurdles (with ball toss and external sports cord resistance, increase speed)
- Single leg body weight squats, increase external resistance, stand on soft surface
- **Other:**
  - Full squats
  - Single stability ball bridges

### 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: Sports specific training rehab clinic based progression (Weeks 9-11)

**Weeks 9-11 Dates:** \_\_\_\_\_

- Single leg pickups, add soft surface
- **Other:**
  - All phase 3 exercise
  - 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
  - Thera band walking patterns 1 rep of six exercises x50 yds., progress to band at knee height and ankle height

### Phase 4: Sports specific training on field or court (Weeks 12 and beyond)

**Week 12 Date:** \_\_\_\_\_

- Running Progression
- Sports 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