



REHAB PROTOCOL PSOAS RELEASE

The intent of this protocol is to provide guidelines for the progression of rehabilitation following hip arthroscopy. This is not a substitute for clinical decision making. Progression through each phase of rehabilitation is based upon clinical criteria, rehabilitation progress and time frame as appropriate.

Weight bearing status: WBAT x 4-6 weeks with crutches, wean off slowly

Brace: None.

Restrictions: Limit hip ER to 0, flexion to 70, Abd, Add to 0 for 2 weeks. Unlimited internal rotation.

Additional Instructions: Continue Hip pendulums.

2 times per week for 8 weeks.

Phase 1 – Immediate Rehabilitation (Weeks 0-3)

Goals:

- Protect the integrity of repaired tissue
- Restore ROM within restriction limits
- Diminish pain and inflammation
- Prevent muscular inhibition
- Precautions:
 - Do not push through hip flexor pain
 - ROM limits
 - Weight bearing restriction
- Criteria for progression to Phase 2:
 - Minimal pain with all Phase 1 exercises
 - ROM > 85% of the uninvolved side
 - Proper muscle firing patterns for initial exercises

Phase 2 – Intermediate Rehabilitation (Weeks 3-6)

Goals:

- Protect the integrity of repaired tissue

- Restore full ROM
- Restore normal gait pattern
- Increase muscle strength – Active assisted strengthening
- Precautions:
- No ballistic or forced stretching
- No treadmill use
- Avoid hip flexor/joint inflammation
- Criteria for progression to Phase 3:
- Painfree and normal gait pattern
- Full ROM
- Hip flexion strength > 60% of uninvolved side
- Hip Abduction, adduction, extension, IR, ER strength > 70% of uninvolved side

Phase 3 – Advanced Rehabilitation (Weeks 6-10)

Goals:

- Restoration of muscular endurance and strength
- Restoration of cardiovascular endurance
- Optimize neuromuscular control
- Precautions:
- No ballistic or forced stretching
- No treadmill use
- No contact activities
- Avoid hip flexor/joint inflammation
- Criteria for progression to Phase 4:
- Cardiovascular endurance equal to pre-injury levels
- Demonstration of initial agility drills with proper body mechanics
- Hip flexion strength > 70% of uninvolved side
- Hip Abduction, adduction, extension, IR, ER strength > 80% of uninvolved side
- Achieve single leg stance greater than 15 seconds

Phase 4 – Sport Specific Training

Goals:

- Restoration of muscular strength > 85% of uninvolved side
- Ability to perform sport-specific drills at full speed without pain
- Full painfree ROM