

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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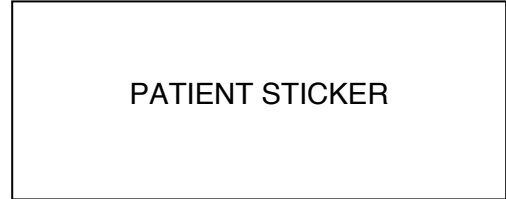
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HIP ADDUCTOR TENDON REPAIR PROTOCOL

Surgical Date: _____

Side: Right Left

Diagnosis: Adductor Tendon Repair

Postop	Goals	Precautions	Exercises
Weeks 0-4 HEP daily	Pain-free ROM Edema and pain control Promote independence	TTWB (20 lb) x 2 weeks, then WBAT in brace No active adduction No passive abduction Brace while ambulating only	Bike 20 min/day (can be 2x/day) as tolerated Scar massage PROM - flexion and adduction as tolerated, log roll Stool stretch for hip flexors and abductors Quadruped rocking for hip flexion Gait training with assistive device Hip isometrics – extension, abduction, ER at 2 weeks Hamstring isotonics Pelvic tilts NMES to quads with SAQ with pelvic tilt
Weeks 4-8 HEP daily	Full ROM FWB Improve ADL endurance	WBAT Wean brace Avoid painful activities No running	Continue above exercises Progress hip ROM - stool rotations IR/ER (20° max until 6 weeks, then as tolerated), standing on BAPS, prone hip ER/IR; Hip joint mobs with mobilization belt (if needed) at 6 weeks – lateral and inferior with rotation, prone posterior-anterior glides with rotation Supine bridges Progress core strengthening (avoid hip flexor tendonitis) Progress hip strengthening – isotonic abduction, isometric sub max pain free hip flexion, quadriceps strengthening Scar massage
Weeks 8-12 HEP daily	Full ROM Return to normal ADLs Improve endurance	WBAT Avoid painful activities	Progress hip ROM Progress LE strengthening – hip isometrics for adduction and progress to isotonics, bilateral leg press, knee flexion/extension isokinetics Progress core strengthening Begin proprioception/balance with balance board and single leg stance Bilateral cable column rotations Elliptical Hip flexor, glute/piriformis, and ITB stretching Progress balance and proprioception Treadmill side stepping, progress to theraband
Weeks 12+ HEP daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities	Continue and advance above exercises Hip hiking on stairmaster Endurance activities around the hip Dynamic balance activities Treadmill running program and sport-specific agility drills

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**