

Nashville Hip and Pelvis Abductor Protocols

GUIDELINES FOR Hip Abductor Open Repair- Grade IV and Revision. Dr. Tania Ferguson

PHASE I – 0-8 weeks	
Appointments	<ul style="list-style-type: none"> • Post-op appt 4-6 weeks wound check
Precautions	<ul style="list-style-type: none"> • 30% weight bearing (foot flat/not toe touch) • Use abduction pillow when in bed • Use pillow between legs when sitting • Wear abduction brace when up and about-set at 20 degrees abduction, no extension. • No active ABDuction, no passive ADDuction.
PT: 2x/day 10 reps of 10 exercises	<ul style="list-style-type: none"> • Seated knee extensions no weight x 4 weeks • Ankle pumps • Quad sets supine • Heel slides • Hamstring set • Pelvic tilts • Glut set • Pain dominant hip mobilization/"pendulums" <i>assisted</i> • Prone on elbows (gentle week 1-3) • Prone knee flexion
PHASE 2– 8-12 weeks post-op	
Appointments	<ul style="list-style-type: none"> • <i>2nd Post Op Appointment with MD at 8 weeks</i> • <i>1st outpatient PT appt to advance to Phase II, coordinate local outpatient PT appts.</i>
Precautions	<ul style="list-style-type: none"> • No active ABDuction, passive ADDuction, • 30% weight bearing continues to week 10. • At week 10, progress WBAT with 2 crutches (see intermediate phase below) • Discontinue abduction pillow when sleeping • Discontinue brace unless directed
PT: 2x/day 10 reps of 10 exercises	<ul style="list-style-type: none"> • Continue above exercises • Add 4 Phase 2 exercises <ul style="list-style-type: none"> - Standing flexion no resistance - Standing extension no resistance - Log rolling (active External Rotation) - Superman
Functional	<ul style="list-style-type: none"> • Stationary recumbent bicycle <i>no resistance</i> • Pool therapy and pool walking • Deep tissue mobilization • Dry Needling per PT recommendations

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PHASE 2 – INTERMEDIATE: 10-12 weeks post-op	
Precautions	<ul style="list-style-type: none"> • Begin WBAT with two crutches
ROM	<ul style="list-style-type: none"> • Continue recumbent bicycle-light resistance per patient tolerance • Begin gentle, partial ROM hip abduction and adduction while standing
Strength	<ul style="list-style-type: none"> • Continue Phase I and 2 exercise. Add core program.
Functional	<ul style="list-style-type: none"> • Gait training progression for weight bearing toward 100% without assistance at week 16.
PHASE 3 –Strengthening: 12-16 weeks post-op	
Appointments	<ul style="list-style-type: none"> • 3rd Post OP Appointment with MD at 12 weeks (3 months) • 2nd Post-Op PT appointment-adding resistance and strength.
Precautions	<ul style="list-style-type: none"> • Continue to wean from one assistive device to 100% weight bearing • No stretching into adduction/extension, OW no restrictions on motion.
ROM	<ul style="list-style-type: none"> • Continue above exercises, add • Hip stretching based on clinical findings (no adduction)
Strength	<ul style="list-style-type: none"> • Continue above exercises and add the following as tolerated and under therapist direction • Leg raise: hip abduction • Standing hip abduction- progress to band resistance per therapist • Superman quadruped position • Single leg bridging • Bosu ball bridging • Step-ups • Standing extension and flexion with resistance/bands • Consider muscle stim/NMES, Laser therapy, Dry Needling if residual weakness.
Functional	<ul style="list-style-type: none"> • Increase stationary bicycle to include resistance • Elliptical under therapist guidance • Treadmill walking after gait normalized

PHASE IV –Return to Activity: 16+	
Appointments	<ul style="list-style-type: none"> • 4th appt with MD at 16 weeks
ROM	<ul style="list-style-type: none"> • Continue above exercises , add resistance as required
Strength	<ul style="list-style-type: none"> • Continue above exercises and add: • Single leg stance activities • Lunges • Sidestepping (level ground, progressing to step) with bands • Provide progression to increase gluteal/abduction strength as tolerated • Institute muscle stim/NMES, Laser therapy, Dry Needling if residual weakness.
Functional	<ul style="list-style-type: none"> • Full weight bearing, no restrictions

Next MD appt at 6 months post-op. Continue to work on therapy exercises at home, once released from PT, minimum 3-5 times per week for 6 months or more.