Hip Abductor Repair Protocol

Updated: March, 2019

A. 0-6 weeks post-op
   1. Gait: TTWB
   2. Precautions
      1. No adduction past neutral
      2. Protected WB Status
      3. No active hip abduction
   3. Frequent cryotherapy and modalities as indicated
   4. Exercise
      a. ROM work within restrictions
      b. OKC LE and core strength, avoid abductor firing
      c. Stationary bike okay, no resistance

B. 6-8 weeks post-op
   1. Gait: Slow transition to WBAT
   2. Continue cryotherapy and modalities as indicated
   3. Exercise
      a. Slowly progress into CKC strength
      b. Slowly progress into balance/proprioceptive work
      c. AA to A hip abductor work as tolerated

C. 8 weeks post-op
   1. Gait: WBAT to full, wean AD as gait quality allows
   2. Exercise
      a. Progressive OKC strength
      b. Progressive CKC strength
      c. Progressive balance/proprioceptive work
      d. Progressive core stab
      c. Progressive non-impact cardio