

Hip Abductor Repair

Key Restrictions:

- Flexion 0-90 degrees and no adduction beyond midline for 6 weeks.
- No passive external rotation until Week 4.

Phase I: Immediate Post-Surgical Phase (Week 1–4)

Goals:

- Protect the surgical repair.
- Prevent excessive loading.
- Minimize swelling and inflammation.

Guidelines:

- **Weight-Bearing:** Flat foot weight-bearing (no more than 20 lbs).
- **Biking:** No more than 20 minutes at a time.
- **Activity Restrictions:** No active abduction.

Exercises:

- Quad and hamstring isometric and open-chain strengthening.
- Pelvic clock exercises.
- Begin extension and adduction isometrics at 2 weeks.

Phase II: Progressive Weight Bearing Phase (Week 5–11)

Goals:

- Prepare for gait and weight-bearing.
- Protect the repair while promoting optimal healing.

Guidelines:

- Add 25% bodyweight per week to progress weight-bearing.
- Begin full weight-bearing (FWB) by Week 8.
- **ROM Progression:** Progress to full passive ROM and active ROM by the end of Phase II.

Strengthening:

- Begin concentric adduction and isometric abduction.
- Core strengthening focus.
- Bridging activity.

Phase III: Strengthening and Proprioceptive Phase (Week 12–15)

Goals:

- Build equal strength.
- Improve gait and proprioceptive ability.
- Eliminate Trendelenburg gait.
- Optimize core and hip strength.

Guidelines:

- Begin concentric abduction strengthening.
- Proprioceptive activity (double-leg and single-leg), using uneven surfaces as appropriate.
- Progress open-chain abduction to closed-chain abduction.

Patient Education Tips:

- Follow all restrictions carefully to avoid complications or re-injury.
- Communicate with your physical therapist about any pain, swelling, or difficulty progressing through the exercises.
- Stay consistent with your physical therapy schedule to maximize recovery.

Progress Monitoring:

- **For Progression to Full Weight Bearing:** Assess for proper gait mechanics without compensation or pain.
- **For Proprioceptive Activities:** Ability to maintain balance on single-leg tasks or uneven surfaces.
- **For Strengthening:** Ensure proper activation and control of the hip abductors during exercises, with no compensatory trunk lean or Trendelenburg sign.