Iliopsoas Release

This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

• **Weight bearing as tolerated** – use crutches to normalize gait.
  • May be needed for 2-4 weeks

• **Gentle emphasis on passive extension exercises.**

• **Aggressive hip flexion strengthening delayed** 6 weeks.

• **Functional progression as tolerated.**

• **Resumption of full activities allowed as tolerated after 3 months.**

• **Always use pharmacologic prophylaxis against heterotopic ossification (unless contraindicated).**
  • Quiz patient
  • Must initiate and maintain immediately postop

**PHASE 1:**

**Initial Exercise (Weeks 1–3)**

- Seated knee extensions
- Seated weight shifts
**PHASE 1:**

**Initial Exercises (Weeks 1-3)**

- **Ankle pumps**
- **Hamstring sets**
- **Glut sets**
- **Adductor isometrics**
- **Quad sets**
- **Heel slides, active-assisted range of motion**
PHASE 1: WEEK 1
Initial Exercises (Weeks 1-3)

Log rolling

Double leg bridges

Pelvic tilt

Prone on elbows

Trunk rotation

Prone knee flexion
PHASE 1: WEEK 1

Initial Exercises (Weeks 1-3)

Standing abduction without resistance
Standing flexion without resistance
Standing adduction without resistance
Pain dominant hip mobilization – grades I, II
Standing extension without resistance

Other Exercises Week 1
- Standard stationary bike without resistance at 3 days post-op (10 min. if tolerated)
- Upper body ergometer, upper body strengthening
**PHASE 1:**

In Addition to Previous Exercises *(Weeks 1-3)*

- Abduction isometrics
- Superman
- ¼ Mini squats
- Theraband resistance on affected side – Abduction (start very low resistance)
- Standing heel lifts
- Theraband resistance on affected side – Adduction (start very low resistance)
**Phase 1:**

**WEEK 2**

In Addition to Previous Exercises *(Weeks 1-3)*

Theraband resistance on affected side –
Flexion (start very low resistance) ONLY IF TOLERATED

Other Exercises Week 2

- Wall mini-squats
- Physioball mini-squats with cocontraction
- Pool exercises (water walking, range of motion, march steps, lateral steps, backward walking, mini-squats, heel raises, hamstring and hip flexor stretches)

**Phase 1:**

**WEEK 3**

In Addition to Previous Exercises *(Weeks 1-3)*

Stiffness dominant hip mobilization – grades III, IV
**PHASE 1:**

In Addition to Previous Exercises *(Weeks 1-3)*

- Double leg bridges to single leg bridges
- Leg raise – Extension
- Clamshells (pain-free range)
- Shuttle leg press 90 degree hip flexion with co-contraction of adductors
- Leg raise – Abduction
- Dead bug
PHASE 1: WEEK 3

In Addition to Previous Exercises (Weeks 1-3)

Quadriped 4 point support, progress 3 point support, progress 2 point

Lateral walking over cups and hurdles (pause on affected limb), add ball toss while walking

Seated physioball progression – hip flexion

Forward walking over cups and hurdles (pause on affected limb), add ball toss while walking

Other Exercises Week 3

- Continue stationary bike with minimal resistance – 5 min. increase daily
- Active range of motion with gradual end range stretch within tolerance
- Leg raise – Adduction
- Single leg sports cord leg press (long sitting) limiting hip flexion

Goals of Phase 1

- Restore range of motion
- Diminish pain and inflammation
- Prevent muscular inhibition
- Normalize gait

Criteria for progression to Phase 2

- Minimal pain with phase 1 exercises
- Minimal range of motion limitations
- Normalized gait without crutches
**PHASE 2:**  WEEKS 4-5

**Intermediate Exercises (Weeks 4-6)**

- **Crunches**
- **Standing theraband/pulley weight – Adduction**
- **Bosu squats**
- **Standing theraband/pulley weight – Flexion**
- **Standing theraband/pulley weight – Abduction**
- **Standing theraband/pulley weight – Extension**
**PHASE 1:**

**Intermediate Exercises (Weeks 4-6)**

- **WEEKS 4-5**
  - **Intermediate Exercises**
  - Single leg balance – firm to soft surface
  - Clamshells with theraband
  - Sidestepping with resistance (pause on affected limb), sports cord walking forward and backward (pause on affected limb)

- **Other Exercises Weeks 4-5**
  - Gradually increase resistance with stationary bike
  - Initiate elliptical machine
  - Pool water exercises – flutterkick swimming, 4 way hip with water weights, step-ups

- **WEEK 6**
  - **Intermediate Exercises**
  - Leg press (gradually increasing weight)
**PHASE 1:**

**Intermediate Exercises (Weeks 4-6)**

**Other Exercises Week 6**
- Single leg balance – firm to soft surface with external perturbation (ball catch, sports specific/simulated ex.)
- Knee extensions, hamstring curls

**Goals of Phase 2**
- Restore pain-free range of motion
- Initiate proprioception exercises
- Progressively increase muscle strength and endurance

**Criteria for progression to Phase 3**
- Minimum pain with phase 2 exercises
- Single leg stance with level pelvis

Physioball hamstring exercises – hip lift, bent knee hip lift, curls, balance

Superman on physioball – 2 point on physioball
PHASE 3: WEEKS 7-8

Advanced Exercises (Weeks 7–8)

Step-ups with eccentric lowering

Side steps over cups/hurdles (with ball toss and external sports cord resistance), increase speed

Lunges progress from single plane to tri-planar, add medicine balls for resistance and rotation

Single leg body weight squats, increase external resistance, stand on soft surface

Theraband walking patterns – forward, sidestepping, carioca, monster steps, backward, ½ circles forward/backward – 25 yds. Start band at knee height and progress to ankle height

Other Exercises Weeks 7-8

• Full squats
• Single stability ball bridges

Goals for Phase 3

□ Restoration of muscular endurance/strength
□ Restoration of cardiovascular endurance
□ Optimize neuromuscular control/balance/proproprioception
**PHASE 3:**

**Advanced Exercises (Weeks 7–8)**

**Criteria for Progression to Phase 4**
- Single leg mini-squat with level pelvis
- Cardiovascular fitness equal to preinjury level
- Demonstration of initial agility drills with proper body mechanics

**PHASE 4:**

**Sports specific training rehab clinic based progression**

**Other Exercises Weeks 9–11**
- All phase 3 exercises
- Pool running (progress from chest deep to waist deep), treadmill jogging
- Step drills, quick feet step-ups (4-6 inch box) forward, lateral, carioca
- Plyometrics, double leg and single leg shuttle jumps
- Theraband walking patterns 1 rep of six exercises x 50yds, progress to band at knee height and ankle height

**PHASE 4:**

**Sports specific training on field or court**

**Other Exercises Weeks 12 & Beyond**
- Running progression
- Sport specific drills
- Traditional weight training

**Criteria for full return to competition**
- Full range of motion
- Hip strength equal to uninvolved side, single leg pick-up with level pelvis
- Ability to perform sport-specific drills at full speed without pain
- Completion of functional sports test