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Sports Medicine/Foot & Ankle

Hip Abductor Repair Post-Operative Protocol

Weeks 0 to 6:

- No active hip abduction x 6 weeks
- Brace x 6 weeks
- Toe touch weightbearing on crutches x 6 weeks
- Range of motion restrictions for 3 weeks: no end range of motion stretching flexion, extension, external rotation

Revised 12/2015