Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Hip Abductor Tendon Repair
Post-op Protocol

Weeks 0 to 4-6

- Hip abduction brace x6 weeks
- **Weight Bearing**
  - Partial thickness repair: 25% weight bearing x 4 weeks
  - Full thickness repair: 25% weight bearing x 6 weeks
- **Range of motion restrictions:**
  - No active hip abduction
    - Partial thickness repair: 4 weeks
    - Full thickness repair: 6 weeks

Starting Weeks 4 or 6

- Goals
  - Wean off crutches (over 7 to 10 days)
    - Start at 4 weeks for partial thickness repair
    - Start at 6 weeks for full thickness repair
  - Normal gait
  - Normal single limb stance
  - Full range of motion
  - Improve lower extremity muscle activation, strength and endurance
- Manual therapy
  - Scar mobilization
  - STM to quad, ITB, hip flexors, glutes, hip adductors/abductors/rotators
  - Continue work on range of motion (FABER, flexion, abduction, IR, ER)
- Exercise
  - Progress AROM and strengthening as tolerated

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