Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Core Muscle Injury Repair-3 Week
Post-Operative Protocol

Day 1 to 7:

- Avoid activity that increases intra-abdominal pressure – such as lifting.
- Recommend wearing compression shorts to help control swelling
- Walk as tolerated – aim for 1+ mile per day, increase as possible

Exercises:

- Kegel exercises 2 times per day
- Isometric hip adduction
- Standing, non-resisted hip AROM
- Heel raises
- Light core exercises – quadruped pelvic tilts, double legged bridging

Day 8 to 14:

- Recommend wearing compression shorts to help control swelling as needed in daily activities, for exercise
- Walk as tolerated – continue to increase frequency and distance
- Avoid upper body lifting

- Begin gentle soft tissue massage of abdominal muscles and hip adductors both in rehab and at home at least twice per day.
  - Avoid aggressive massage techniques such as instrument assisted or active release

Exercises:

- If a pool is available and incision is well healed, may begin pool walking
- Progress resistance exercises
  - Single leg stabilization exercises
  - Increased resistance to hip adduction exercises
  - Increase core exercises – monster walks, kneeling planks
  - Functional movements such as half squats, step-ups, lunges
- Light stretching
  - Hip flexors
  - Hamstrings
  - Quads
  - Groin
  - Side bending
- Progress into light agility work
  - Figure 8's
  - Ladder drills
  - Jump rope
  - Shuttle
  - Jogging
  - Sport specific movements – begin in single plane and slow, progress to multiplanar and fast.

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Day 15-21:

- Recommend wearing compression shorts for exercise

- Continue massage of abdominals, hip adductors, as well as other hip and core musculature.
  - Avoid active release or instrument assisted massage to this area
  - Foam rollers should not be used for at least 6 weeks

Exercises:
  - Pool exercises – increase speed of walking running, add agility work
  - Progress hip resisted exercises in all directions
  - Running – increase straight ahead running distance and intensity
  - Agility work – increase complexity and intensity
  - Begin cutting
  - Add light upper extremity weight lifting and progress as tolerated
  - Limited abdominal exercises

Sport participation
  - Begin participation in team practice in controlled, non-contact drills
  - Progress with goal of full participation at 21 days

Revised ***