

Hip Abductor Repair Physical Therapy Protocol

Phase	Weight Bearing	Range of Motion	Exercises
1 (0-2 weeks)	Toe-touch weight bearing	Normalize gait with crutches.	Ankle pumps, abdominal isometrics, but no active hip abduction or IR and no passive hip adduction or ER.
2 (2-6 weeks)	Toe-touch weight bearing	Normalize gait with crutches.	Ankle pumps, abdominal isometrics, but no active hip abduction or IR and no passive hip adduction or ER.
3 (7-8 weeks)	Full weight bearing with crutches	Normal gait with no Trendelenburg.	<ul style="list-style-type: none"> • Scar massage • Gait drills in the pool at chest deep water, as needed and available At 8 weeks: <ul style="list-style-type: none"> • Progress with ROM • Hip joint mobs with mobilization belt (if needed)- Lateral and inferior with rotation- Prone posterior-anterior glides with rotation • Progress core strengthening (focus on post pelvic tilt and avoid hip flexor tendonitis)
4 (9-12 weeks)	Full weight bearing, no crutches	Full active and passive.	<ul style="list-style-type: none"> • Start isometric sub max pain free hip flexion (4 weeks) • Stool rotations IR/ER (20°) • Supine bridges • Isotonic adduction • Progress core strengthening (avoid hip flexor tendonitis) • Progress with hip strengthening • Quadriceps strengthening

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