

Iliopsoas Release Rehabilitation Protocol

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Patient Name:

Date of Surgery:

Phase I - Initial phase - Weeks 1-3

Date: _____

Week 1

- Seated knee extensions
- Seated weight shifts - sitting, supported, anterior/posterior, lateral
- Log rolling
- Pelvic tilt
- Trunk rotation
- Double leg bridges
- Prone on elbows
- Prone knee flexion

Week 2

Continue with previous exercises, but may add:

- Abduction isometrics
- Mini squats
- Calf raises
- Superman
- Theraband resistance (start very low resistance) – abduction, adduction, extension

Week 3

Continue with previous exercises, but may add:

- Progress to single leg bridges
- Clamshells
- Leg raises – abduction, extension
- Leg press with 90 degrees hip flexion
- Dead bug

Phase 2 - Intermediate phase - Weeks 4-6

Date: _____

Criteria to enter intermediate phase:

- Minimal pain with phase I exercises
- Minimal range of motion limitations
- Normalized gait without crutches

Weeks 4-5

Continue with previous or modified versions of previous exercises, but may add:

- Crunches
- BOSU squats
- Standing theraband resistance/pulley – abduction, adduction, flexion, extension

Week 6

Continue with previous or modified versions of previous exercises, but may add:

- Physioball exercises: hip lift, knees bent hip lift, curls, balance, superman
- Single leg balance
- Knee extensions
- Hamstring curls

Phase III - Advanced phase - Weeks 7-8

Date: _____

Criteria to enter advanced phase:

- Minimal pain with phase II exercises
- Single leg stance with level pelvis

Weeks 7-8

Continue with previous or modified versions of previous exercises, but may add:

- Single leg mini squat
- Step ups
- Theraband walking patterns (approx. 25 yds): forward, sidestepping, carioca, monster steps, backward, ½ circles forward and backward. Start with band at knee height and progress to ankle height.
- Cardiovascular fitness
- Elliptical

Phase IV - Sports specific training rehabilitation phase - Weeks 9+

Date: _____

Criteria to enter sports phase:

- Single leg mini squat with level pelvis
- Cardiovascular fitness equal to pre-injury level
- Demonstration of initial agility drills with proper body mechanics

Weeks 9-11

Continue with previous or modified versions of previous exercises, but may add:

- Single leg pick ups
- Step drills, quick feet step ups, forward, lateral, carioca
- Plyometrics, double leg and single leg jumps
- Theraband walking patterns 1 rep of 6 exercises at 50 yards
- Pool running or treadmill jogging

Week 12+

Continue with previous or modified versions of previous exercises, but may add:

- Running progression
- Sport specific drills
- Traditional weight training

Criteria for full return to sport:

- 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