



## **Iliopsoas/Hip Flexor Release**

### **Post-Operative Protocol**

Touch-down with foot flat weight bearing for 3 weeks

Avoid flexion  $>90^{\circ}$  and ER  $>30^{\circ}$  for 2 weeks

Minimize active hip flexion for 4 weeks

#### **Phase I – PROTECTED MOBILITY**

##### **Weeks 1-2:**

- Upright bike with no resistance
- Gentle AROM/PROM within precautions including log roll and circumduction
- Emphasize pain-free internal rotation
- Gentle soft tissue mobilization within precautions
- Isometric muscle activation including transverse abdominus, glute and quad sets
- Closed-chain mobility including cat/camel and pain-free quadruped rocking
- Core activation progression (supine/prone)
- Avoid heel slides and supine straight leg raises x 6 weeks

##### **Weeks 3-4:**

- Continue with bike and mobility exercises above
- Emphasis on gluteal muscle activation, gentle hip flexor activation, and core stability
- Begin aquatic therapy as soon as incisions heal

#### **Phase 2 – STABILITY AND CONTROL**

##### **Weeks 5-8:**

- Continue upright bike adding minimal resistance
- Continue to maximize AROM/PROM adding lumbosacral and hip mobilization if indicated
- Gradually introduce closed chain muscle activation and balance progression
- Gradual shuttle progression
- Progress closed chain muscle activation/stability exercises
- Begin swimming and elliptical for cardiovascular endurance

#### **Phase 3 – STRENGTH**

##### **Weeks 9-16:**

- Ensure full AROM/PROM and symmetrical flexibility
- Squat, lunge, core stability progression

#### **Phase 4 – RETURN TO SPORT**

##### **Week 17+:**

- Pass Hip Return to Sport Test (if appropriate)
- Begin progression of sport-specific training and advanced agilities

#### **Return to Activities**

- Golf – chip/putt 3 months
- Running 4 months
- Cutting/pivoting sport 4-5 months