Hip Abductor Tendon Repair
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.

Notes:
- Please review any additional notes for adjustments to protocol depending on intraoperative findings.

Brace:
- Hip abduction brace x 6 weeks
- Ensure brace is not creating abrasion along surgical incisions. If so, adjust brace as needed and area can be protected with padded bandage.

Modalities:
- Ice pack/cryo 30 min on and 30 min off
- Thigh high compression sleeve for at least 6 weeks postop

Sleeping Precautions:
- AVOID sleeping directly on the lateral hip (especially for open repairs)
- As needed, education on bolstering along posterior to roll patient away from operative side while in the supine sleeping position.

Preoperative Rehab Phase:
- In select patients a initial preop phase to review the protocol below and upper limb, core/trunk exercise program may be beneficial to help prepare the patient for the postoperative recovery period and its demands.

<table>
<thead>
<tr>
<th>Phase I</th>
<th>Weightbearing</th>
<th>Brace</th>
<th>ROM</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 0 - 4</td>
<td>20lbs foot flat weight bearing with walker or crutches</td>
<td>Hip abduction brace at all times (including sleep).</td>
<td>PROM/AAROM within &quot;comfortable&quot; range with precautions noted below.</td>
<td>Begin ankle ROM Isometric quad, hamstrings, ADDuctors.</td>
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<td>Walker with forearm support may be needed.</td>
<td>May be removed for showers while noted motion precautions.</td>
<td>Avoid hip flexion beyond 90 deg.</td>
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<tr>
<td>Phase II</td>
<td>Week 4 - 6</td>
<td>20lbs foot flat weight bearing with walker or crutches</td>
<td>Hip abduction brace at all times (including sleep). May be removed for showers while noted motion precautions.</td>
<td>Flexion beyond 90 allowed. Avoid active hip abduction and active internal rotation. Avoid passive external rotation and adduction.</td>
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<tr>
<td>Phase II</td>
<td>Week 6 - 12</td>
<td>Progress weightbearing as tolerated and wean off crutches/walker.</td>
<td>Begin to wean out of brace</td>
<td>Progress hip ROM as tolerated.</td>
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<tr>
<td>Phase III</td>
<td>Week 8 - 12</td>
<td>WBAT</td>
<td>None</td>
<td>As tolerated</td>
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Notes:
- Outdoor cycling can start at 3 months
- Elliptical and similar can start at 3 months

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<tr>
<th>Phase IV</th>
<th>WBAT</th>
<th>None</th>
<th>As tolerated</th>
<th>Continue to progress into desired activities.</th>
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<tbody>
<tr>
<td>After week 12</td>
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</table>

Protocol adapted from:
Rahman et al AAOS Lecture
Davies et al JBJS 2013
Hartigan et al Arthroscopy 2018
Kelly et al Hip Int 2020
Ebert et al Arch Ortho Trauma Surg 2021