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This protocol can be used for the following conditions:

- Pelvic Apophyseal Avulsion
- Iliac Crest Avulsion
- Pelvic Apophysitis

Phase I: Approximately day 0 – 7

- Limit ROM as pain allows - no aggressive PT
- Rest as needed to for pain control
- Wean to protected WB with crutches.
- No activity at this time
- Cryotherapy
- PO analgesics
- Consider extension limiting brace
- Emphasize hip positions that take strain off area

Phase II: Approximately day 7 – 21

Only progress to phase II if pain has subsided enough to allow guided ROM/exercises and protected gait. Severity of injury determines rate of progression.

- Slowly increase ROM of the hip as pain allows
- Gentle PROM/AAROM and progress to AROM without pain

Phase III: Approximately day 14 – 30

Ok to move to phase III if full AROM without resistance and without pain.

- Start gentle resistance. Begin with gravity, gentle hand resistance, progressing to weights
- Progress to phase IV once strength approximately 50% of opposite side

Phase IV: Approximately day 30 - 60

- Integrate other muscle groups
- Start simple/light jogging
- Continue stretch and strengthen
- BEWARE re-injury during this time period

Phase V: Approximately day 60

- Progress back to sport specific drills
- Some authors rec return no sooner than 2 months after injury

NOTE:

- Recalcitrant cases may be candidate for Exogen bone stimulator
- 20 minute session, twice a day for 6 – 12 weeks.

Adapted from McKinney et al Orthopaedics 2009
Adapted from Metzmaker et al Am J Sport Med 1985
Kivel et al Clin J Sport Med 2011