



Name:		<b>Patient Flow Sheet</b>
Date of Surgery:		

## Iliopsoas Release Rehab Protocol

Benedict Figuerres, MD

- **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 II—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 Rehab 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 yds.
- Pool running or treadmill jogging

- Week 12+

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

- Running progression
- Sport specific drills

	<ul style="list-style-type: none"><li>• Traditional weight training</li><li>•</li><li>• <u>Criteria for full return to sport:</u><ul style="list-style-type: none"><li>• Full range of motion</li><li>• Hip strength equal to uninvolved side; single leg pick-up with level pelvis</li><li>• Ability to perform sport-specific drills at full speed without pain</li><li>• Completion of functional sports test</li></ul></li></ul>