



# Mid-America Orthopedics

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## **HIP IT BAND LENGTHENING/GT BURSECTOMY REHABILITATION PROTOCOL**

PT to start after 1 week postop

### **Day 7-13 Post-op**

- **WEIGHT BEARING AS TOLERATED FOR 2 WEEKS (CRUTCHES PRN)**
- **ROM:**
  - PROM of the hip
- **Exercises:**
  - Isometrics: hip adductors/abductors, transverse abdominus
  - Heel slides, calf pumps
  - Modalities as needed
  - Stationary bike, no resistance, keep seat high enough to avoid painful hip flexion

### **Day 14-27 Post-op**

- **ROM**
  - Progress PROM/AROM as tolerated
- **Exercises:**
  - Continue previous exercises
  - Single leg balance
  - Quadruped rocking
  - Prone hip extension
  - Prone hamstring curls
  - Side lying hip abduction strengthening (clams, etc)

### **Day 28-41 Post-op**

- **Exercises:**
  - Continue previous exercises
  - Add resistance to stationary bike
  - Standing hip abduction
  - Mini-squats, steps ups, wall sits

- Bridging Progression

**6+ weeks Post-op**

- **Exercises: progress as tolerated**
    - Begin plyometric progression program if needed if planning on returning to higher level of activity
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Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.