

Adductor Release Protocol

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Phase 1 (Protection Day 1 to 4 weeks Post-Op)

Bike daily

- Initial for ROM progress intensity and duration as tolerate by the patient

ROM

- Avoid aggressive stretching for 3-4 weeks
- Evaluate and implement other Lower extremity stretching as needed

Strengthening

- No resisted Adduction until 5 weeks
- Straight leg Raise
- Standing hip Abduction
- Begin Lower extremity strengthening except for adductors

If adductor release if performed in conjunction with another procedure defer to that procedures protocol

Phase 2 (Strengthening Week 5 to 8)

Bike: as tolerated avoid any increase in post-operative pain

Strengthening

- Start resisted adduction as tolerate by patient
- Start Lower extremity functional strengthening

Cardiovascular

- Start Jogging at week 8 if the patient is pain free, has non-antalgic gait and exhibit good lower extremity strength (core, glute...)

Phase 3 (Return to Function Week 8 to Return to Activity)

Continue strengthening as needed.

Continue cardiovascular activity

Functional Activity (typically week ten or greater, the patient must have appropriate strength for the activities and exhibits good muscular control)

- Start all activities with a dynamic warm-up
- Implement a return to play program that starts with linear running and progresses to sprinting.
- Progress into activities that incorporate gradual direction changes
- Progress into cutting activities
- Return to sport/activity if and when all strength and proprioceptive requirements are met for safe return to activity