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**Post-Operative Rehabilitation Guidelines for  
Arthroscopic Iliopsoas Release**

**Weeks 1, 2:** WBAT w/ crutches

- Soft tissue mobilization
- PROM > AAROM > AROM, advance as tolerated
- Wean off crutches when gait normalizes
- Quad & Glute Sets
- Seated knee extensions
- Bridging Progression, Pelvic Tilts
- Clam shells
- Supermans
- Baby Cobra pose
- Abduction isometrics
- Mini Squats
- Stationary bike w/o resistance

**Goals:** D/C crutches, full AROM, prevent muscle atrophy

**Weeks 3-5:** Incorporate resistance to abduction, adduction & extension

- SLR
- Dead bugs
- Planks/Side planks
- Leg press
- Prone hamstring curls
- Forward and side steps over mini hurdles

**Goals:** Closed-chain, double-leg strength progression, focus on more FUNCTIONAL exercises. Core stabilization

**Weeks 6-8:** BOSU squats

- Single-leg strength training i.e. bridges, squats
- Resisted side-steps
- Forward and side lunges

Step-ups

Begin increasing stationary bike resistance

**Goals:** Progress to open-chain, single-leg strength training. Emphasis on restoration of strength, balance and proprioception. Advance exercises only as patient exhibits good control with previous exercises (proximally and distally)

**Weeks 9-12:** Plyometrics

Ladder agility training

Single leg RDL

Split squats

Jump squats

Elliptical

**Goals:** Restore neuromuscular endurance

**Weeks 12+:** Begin running progression

Sport specific exercise