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**Post Operative Core Decompression Rehabilitation Protocol**

**ROM Restrictions:**

-Perform PROM in patient's PAIN FREE Range

<b>FLEXION</b>	<b>EXTENSION</b>	<b>EXTERNAL ROTATION</b>	<b>INTERNAL ROTATION</b>	<b>ABDUCTION</b>
Limited to:  90 degrees x 2 weeks (may go higher in the CPM)	Limited to:  0 degrees x 3 weeks	Limited to:  *30 degrees @ 90 degrees of hip flexion x 3 weeks  *20 degrees in prone x 3 weeks	Limited to:  *20 degrees @ 90 degrees of hip flexion x 3 weeks  *No limitation in prone	Limited to:  30 degrees x 2 weeks

**Weight Bearing Restrictions:**

**Gait Progression:**

<b>20# FOOT FLAT Weight Bearing</b>  -for 4 weeks	Begin to D/C crutches at 4 weeks-6 weeks  Patient may be fully off crutches and brace once gait is PAIN FREE and NON-COMPENSATORY
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**PATIENT PRECAUTIONS:**

-NO Active lifting of the surgical leg (use a family member/care taker for assistance/utilization of the non-operative leg) for approximately 4 weeks

-NO sitting greater than 30 minutes at a time for the first 3 weeks

-DO NOT push through pain

**POST-OP DAY 1/INITIAL PHYSICAL THERAPY VISIT:**

**Check List:**

Activity/Instruction	Frequency	Completed ?
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Instructed in ambulation and stairs with crutches and 20# FFWB		
Upright Stationary bike no resistance	20 minutes daily	
CPM usage	4 hours/day (decrease to 3 hours if stationary bike used for 20')	
Instruction on brace application/usage		
PROM (circumduction, abduction, log rolls) instructed to the family/caregiver  *maintain restrictions for 3 weeks	20 minutes; 2 times each day	
Prone lying	2-3 hours/day	
Isometrics (quad sets, glut sets, TA activation)	Hold each 5 seconds, 20 times each, 2x/day	

## PHASE 1

Goal: Protect the Joint and Avoid Irritation

### PT Pointers:

- Goal is symmetric ROM by 6-8 weeks
- NO Active open chain hip flexor activation
- Emphasize Proximal Control
- Manual Therapy to be provided **20-30 minutes**/PT session

Date of surgery:	Week	1	2	3	4	5	6
Stationary bike (20 min, Increase time at week 3 as patient tolerates)	Daily	✓	✓	✓	✓	✓	✓
Soft tissue mobilization (specific focus to the adductors, TFL, Iliopsoas, QL and Inguinal ligament)	Daily (20-30 minutes each session)	✓	✓	✓	✓	✓	✓
Isometrics -quad, glutes, TA	daily	✓	✓				
Diaphragmatic breathing	daily	✓	✓				
Quadruped -rocking, pelvic tilts, arm lifts	daily	✓	✓	✓			
Anterior capsule stretches: surgical leg off table/Figure 4	daily			✓	✓	✓	✓



soft tissue mobilization to treat specific restrictions									
Joint Mobilizations posterior/inferior glides	2x/week			✓	✓	✓	✓	✓	✓
Joint Mobilizations anterior glides	2x/week					✓	✓	✓	✓
Prone hip extension	5x/week	✓	✓	✓					
Tall kneeling and ½ kneeling w/ core and shoulder girdle strengthening	5x/week	✓	✓	✓	✓				
Standing weight shifts: side/side and anterior/posterior	5x/week	✓	✓						

Backward and lateral walking no resistance	5x/week	✓	✓						
Standing double leg 1/3 knee bends	5x/week		✓	✓	✓				
Advance double leg squat	5x/week				✓	✓	✓	✓	✓
Forward step ups	5x/week				✓	✓	✓	✓	✓
Modified planks and modified side planks	5x/week				✓	✓	✓	✓	✓
Elliptical (begin 3 min, ↑ as tolerated)	3x/week				✓	✓	✓	✓	✓

### Phase 3

Goal: Return the Patient to Their Pre-Injury Level

PT Pointers:

-Focus on more FUNCTIONAL exercises in all planes

-Advance exercises only as patient exhibits good control (proximally and distally) with previous exercises

-More individualized, if the patients demand is higher than the rehab will be longer

Date of surgery	Week	8	9	10	11	12	16
Continue soft tissue and joint mobilizations PRN	2x/week	✓	✓	✓	✓	✓	
Lunges forward, lateral, split squats	3x/week	✓	✓	✓	✓	✓	✓
Side steps and retro walks w/ resistance (begin w/ resistance more proximal)	3x/week	✓	✓	✓	✓	✓	✓
Single leg balance activities: balance, squat, trunk rotation	3x/week	✓	✓	✓	✓	✓	✓
Planks and side	3x/week	✓	✓	✓	✓	✓	✓

planks (advance as tolerated)							
Single leg bridges (advance hold duration)	3x/week	✓	✓	✓	✓	✓	✓
Slide board exercises	3x/week			✓	✓	✓	✓
Agility drills (if pain free)	3x/week			✓	✓	✓	✓
Hip rotational activities (if pain free)	3x/week			✓	✓	✓	✓

## Phase 4

Goal: Return to Sport

### PT Pointers:

- It typically takes 4-6 months to return to sport, possible 1 year for maximal recovery
- Perform a running analysis prior to running/cutting/agility
- Assess functional strength and obtain proximal control prior to advancement of phase 4

Date of surgery	Week	16	20	24	28	32
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Running		In Alter G	✓	✓	✓	✓
Agility			✓	✓	✓	✓
Cutting				✓	✓	✓
Plyometrics				✓	✓	✓
Return to sport specifics				✓	✓	✓

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