

Tel: 617-726-7500

Post-Operative Rehabilitation Guidelines Following Bilateral Sports Hernia Repair and Adductor Release

I. <u>Immediate Post-Operative Phase (0-2 weeks)</u>

Goals:

Ensure wound healing
Edema and pain control
Prevent excess scarring
Improve flexibility/length of adductor musculature

Precautions:

Avoid abdominal crunch activation (Aggressive rectus abdominus activity)

Avoid aggressive hip/trunk hyper-extension

Avoid aggressive Adductor muscle contractions

Rest with several pillows between legs throughout the day and while sleeping

Exercises:

Walking (15 min, 2x per day) ROM/Stretching

- Gentle stretching of adductor, hamstring, quadriceps, piriformis
- PROM of hip
- Trunk Rotations
- Self adductor/FABER stretch frequently throughout day (every 2-3 hours)

Modalities:

Cryotherapy and Electrical Muscle Stimulation (pain control)

Criteria to progress to Phase 2:

Minimal pain with ADL's/walking Improving ROM of hips and Lumbar spine

II. Intermediate Post-Operative Phase (Weeks 2-4)

Goals:

Edema and pain control
Prevent excess scarring
Normalize Hip and lumbar spine mobility
Normalize Adductor length/flexibility
Early recruitment of Transverse Abdominus (TA)/Adductor muscles

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Protect surgical repair

Exercise:

ROM/Stretching

- Continue stretching of Adductor, Hamstring, Quadriceps, Piriformis and begin Psoas/Rectus Femoris stretching (ensure pain free)
- Single/double knee to chest

Cardiovascular

- Progress to 30 minutes walking (1x per day)
- May begin bike (Initially 15 min with progression to 30 min by week 4)
- Controlled Swim-Ex when incisions healed Avoid excessive hip adduction and core activation

Strengthening:

Begin dynamic core program that emphasizes <u>neutral spine/breathing</u>

- Pelvic tilts
- Trunk rotations
- Dead bug progression
- Bridging progression
- Quadruped Progression
- Ball squeeze/Isometrics for Adductors
- Supine Reverse clam for Adductors
- Side lying clams
- Side lying hip abduction
- Seated hip ER/IR theraband
- Isometric planks against wall
- Initiate body wt strength program (Step up/down, ball squat)

Standing Movement/Stabilization

- Forward/Lateral hurdle walks
- Balance on AirEx (progress ball toss)

Modalities:

Moist heat, massage, ultrasound, electrical muscle stimulation,

cryotherapy

Criteria to Progress to Advance Strength:

Pain free with ADL's, ambulating Full Rom of hips/lumbar spine Good TA recruitment/ability to maintain neutral spine



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III. Strength Phase (Weeks 4-8)

Goals:

Good recruitment of TA and Adductor musculature Good pelvic stabilization with core strength program Good length and flexibility of hip flexor and adductor musculature

Exercise:

ROM/Stretching:

• Continue stretching program as above

Cardiovascular:

- Continue to progress speed/distance on bike/elliptical, walk-jog program, Swim Ex (as tolerated) Goal of Elliptical week 4, jogging week 6
- Begin alternating Interval training

Strengthening:

- Begin dynamic core training program, Initiate use of Physio ball (Neutral spine at all times)
 - o Prone /quadruped
 - o Bridging progression
 - o Bird-dog progression
 - o Plank progression wall > side > table > ground > rotation
 - o Gentle curl-up
 - o Begin rotational theraband sitting week 5, progress to multi-plane oblique rotations week 6
- Progress lower body strength program
 - o Clams
 - o Begin side lying adduction week 4
 - o Step up/down
 - o Ball squat
 - Lateral Resisters
 - o RDL
 - o Forward lunge week 4, 3-way Lunge progression week 6
 - o Sports cord progression
 - Manual PNF exercise for Adductors week 6
- Standing stabilization
 - o PNF diagonals with sport cord
 - o Air Ex/Dynadisc stabization with ball toss

Modalities:

Hot pack, whirlpool, massage, foam roller, cryotherapy

Criteria to progress to Advanced strength/agility phase:

Pain free with ADL's, jogging and all previous Exercises



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Full ROM of hips Good flexibility/length of Adductors Good TA Recruitment and ability to maintain neutral spine Good strength of Adductor musculature

IV. Advanced Strength/Agility(Weeks 8-10)

Goals:

ORTHOPAEDICS

Progress and Normalize strength (TA/Adductors) Tolerate progressive running and agility program

Exercise:

ROM/Stretching

• Continue Stretching as above

Cardiovascular

- Continue alternating cardio/Interval on bike/elliptical
- Progress dynamic warm-up program
 - Lateral shuffle/Carioca/Backward
 - o Progress jogging/running (No start/stop)

Strengthening

- Continue to progress core/stabilization program for TA/Adductors
- Initiate lower extremity Plyometric program
 - o 2 Leg ground > Boxes > rotational > 1 leg
- Agility ladder
- Initiate medicine ball routine
 - o Week 8 Chest pass
 - o Week 9 Side and side-to-side passes
 - o Week 10 Overhead pass and oblique rotations

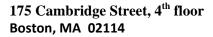
Modalities:

Continue hot pack, massage, foam roller, cryotherapy

Criteria to progress to sports specific Training:

Symetrical strength of hips, abdominal musculature Normal/good flexibility

Symptom free with jogging/running program





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V. Sports specific Training Program (Weeks 10-12)

Goals:

Return to full sport activity without pain

Exercise:

Cardiovascular

- Continue alternating cardio/interval training
- Progress running/Sprinting
- Initiate Start/stop/change of direction running program
- Sport-specific Drills

Strengthening

• Continue core progression

Stretching/ROM

• As above

Modalities

Continue massage and foam roller as needed

Sports-specific Activities

Progress and Return to all activities