

Dr. Nate Stewart

**Iliopsoas Release, Hip Debridement (non PFO)**

Patient \_\_\_\_\_

Chippewa Valley Orthopedics & Sports Medicine

DOS \_\_\_\_\_

1200 OakLeaf Way, Suite A Altoona, WI 54720  
 757 Lakeland Drive, Suite B Chippewa Falls, WI 54729

ACUTE CARE STAY	OUT-PATIENT THERAPY			
Week 0-starts POD 1	Week 1-2	Week 3-4	Week 5-6	Week 7+
WBAT with crutches for 1-2 weeks. Wean as able.  Ankle pumps  Quad Sets  Ham Sets  Glut Sets  Exercise Bike  **Aggressive hip flexion strengthening delayed 6 weeks**	Wean from crutches. Non antalgic gait.  Passive Extension  Adductor isometrics  Abductor isometrics  Heel Slides  LAQ's  Double Leg Bridges  Calf raises  Prone on elbows  Quad stretch	Standing Abduction, Extension, Flexion  Pain dominant hip mobilizations, long axis  Mini squats  Emphasize core strength Superman's Dead Bug  Clamshells  Sidelying Abduction  Prone Extension  Double leg to single leg bridges  Total Gym/Leg Press  Double leg balance	Core progression  Add resistance to all hip exercises in prone, sidelying and standing  Squat progression  Single leg balance  BOSU squats  Step ups  Elliptical  Pool exercises  Walk/jog program	Cardiovascular fitness  Stepping Drills  Plyometrics  Running progression  Sport specific drills  Traditional Weight Lifting
Any Questions? Please contact: <b>Northwoods Therapy Associates</b> Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060				
March 2015				