



Weeks 0 to 4-6:

- Hip abduction brace x 6 weeks
- **Weight bearing:**
 - Partial thickness repair: 25% WB x 4 weeks
 - Full thickness repair: 25% WB x 6 weeks
- **Range of motion restrictions:**
 - No active hip abduction
 - Partial thickness repair: 4 weeks
 - Full thickness repair: 6 weeks

Starting at weeks 4-6:

Goals

- Wean off crutches (over 7 to 10 days)
 - Start at 4 weeks for partial thickness repair
 - Start at 6 weeks for full thickness repair
- Normal gait
- Normal single limb stance
- Full range of motion
- Improve lower extremity muscle activation, strength and endurance

Manual therapy

- Scar mobilization
- STM to quad, ITB, hip flexors, glutes, hip adductors/abductors/rotators
- Continue work on range of motion (FABER, flexion, abduction, IR, ER)

Exercise

- Progress AROM and strengthening as tolerated