

Dr. Brent Carlson

HIP ABDUCTOR REPAIR WITH REGENETEN

Patient _____

Chippewa Valley Orthopedics & Sports Medicine

DOS _____

1200 OakLeaf Way, Suite A
Altoona, WI 54720

757 Lakeland Drive, Suite B
Chippewa Falls, WI 54729

1-5 DAYS	OUT-PATIENT THERAPY			NOTES:
	Week 1 and 2	Week 3 and 4	Weeks 5 and 6	Week 7
Ankle pumps WBAT. ADL's: Use devices such as a toilet seat riser, reacher, sock aid, and long shoe horn, as needed for soft tissue discomfort	Isometrics: quad, glut, transverse abdominus, adductors Heel slides with strap LAQ SAQ Gait training Start gentle AROM for hip flexion, extension. PROM for abduction No isolated hip, resisted ABD until week 7.	AROM for hip internal and external rotation Bike Hamstring initiation Isometrics for hip internal and external rotation in sitting. Calf, hamstring, hip flexor stretching. Gait training and mobility advancement No isolated hip, resisted ABD until week 7.	Progress ROM to WNL or equal to opposite extremity. Progress strengthening to hip groups as tolerated-isometrics, isotonic Total gym or light leg press Double leg balance and proprioception Mini-squats Step-ups forward and lateral Wall sits Functional gait activities Double and single leg balance Address work, sport and recreational functional activity demands	Hip abduction isometrics Progress all functional movements and activities Please call with any questions. Each patient's repair is very unique. Return to functional tasks could be variable.
Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060 September 2026				