

## **Adductor Release Protocol**

**Christopher M. Larson M.D.**

### **Phase 1 (Protection Day 1 to 4 weeks Post-Op)**

#### **Bike daily**

- Initial for ROM progress intensity and duration as tolerate by the patient

#### **ROM**

- Avoid aggressive stretching for 3-4 weeks
- Evaluate and implement other Lower extremity stretching as needed

#### **Strengthening**

- No resisted Adduction until 5 weeks
- Straight leg Raise
- Standing hip Abduction
- Begin Lower extremity strengthening except for adductors

\*If adductor release if performed in conjunction with another procedure defer to that procedures protocol\*

### **Phase 2 (Strengthening Week 5 to 8)**

**Bike:** as tolerated avoid any increase in post-operative pain

#### **Strengthening**

- Start resisted adduction as tolerate by patient
- Start Lower extremity functional strengthening

#### **Cardiovascular**

- Start Jogging at week 8 if the patient is pain free, has non-antalgic gait and exhibit good lower extremity strength (core, glute...)

### **Phase 3 (Return to Function Week 8 to Return to Activity)**

Continue strengthening as needed.

Continue cardiovascular activity

**Functional Activity** (typically week ten or greater, the patient must have appropriate strength for the activities and exhibits good muscular control)

- Start all activities with a dynamic warm-up
- Implement a return to play program that starts with linear running and progresses to sprinting.
- Progress into activities that incorporate gradual direction changes
- Progress into cutting activities
- Return to sport/activity if and when all strength and proprioceptive requirements are met for safe return to activity