Iliopsoas Tendon Fractional Lengthening / Release Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following iliopsoas tendon fractional lengthening / release. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-2	● Improve weight bearing comfort ● Initiate comfortable range of motion exercise.	● Keep incisions clean and dry ● Range of motion as tolerated ● **Do not push into pain with range of motion exercises** ● Weight bearing as tolerated with appropriate gait aid	**General guidelines** ● Gait training. ● Begin lower extremity (including hip) isometrics ● Instruct patient/family in range of motion exercises ● Calf stretching ● Discuss PRICE principles
Weeks 2-6	● Full hip range of motion ● Progress weight bearing to full as tolerated ● Maximize strength gains	● **Do not push into pain with range of motion exercises** ● Appropriate pain free strengthening exercise dependent on patient's weight bearing status ● Wounds **must be completely healed prior to any pool work or soaking – avoiding submerging until 6 weeks postop**	**General guidelines** ● Active assistive range of motion to active range of motion as tolerated ● Hip, core and lower extremity mat-based strengthening exercises ● Stationary bike as able ● Outcome Measures- LEFS/ FOTO
Weeks 6-12	● Continue to maximize strength gains with focus on hip flexors ● Transition to return to work/sport activities ● Ok to begin impact exercises at 2-3 months postop	● **Avoid pain during strengthening exercises** ● Transition to regular lower extremity stretching	**General guidelines** ● Advance Lower Extremity and Core exercise ● Pool exercises: Range of motion, strengthening, and walking mechanics. ● Strengthening/proprioception ● Multi-planar ● Cardio-vascular training: Begin with bike and advance to elliptical trainer or stairmaster once bike is at 30 minutes duration ● Begin RTS or RTW type exercises/functional training