

Sports Injury and Joint Replacement Surgery for the Hip and Knee

ABDUCTOR TENDON REPAIR REHABILITATION PROTOCOL

Week 1-6

- Touch weight bearing
- Gentle passive ROM hip
- Active ROM knee
- No active abduction of hip

Week 7-12

- Full weight bearing
- Active ROM hip and knee

3-6 months

- Stretching
- Closed chain strengthening
- Core strengthening
- Non-impact activity

6 months

- Return to normal activities



Dr George Awwad

MBBS, FRACS (ORTH), FA ORTH A

Orthopaedic Surgeon

APPOINTMENTS AND ENQUIRIES

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Ask **Dr Awwad** to clarify your restrictions prior to surgery to avoid disappointment.