

POST OPERATIVE PROTOCOL

Abductor Tendon Repair Rehabilitation Protocol

Weeks 1 to 6

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

Weeks 7 to 12

- Full weight bearing
- Active ROM hip and knee

3 to 6 months

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

6 months

- Return to normal activities



Dr George Awwad

Orthopaedic Surgeon
Hip, Knee, Robotics, Sports

P 08 8267 8243 F 08 8267 8278
drgeorgeawwad.com.au