REHABILITATION PROTOCOL: HIP ARTHROSCOPY Iliopsoas Release

- **Phase 1 (Weeks 0-2)**
  - Weight bearing: Foot flat weight bearing approximately 20 lb with crutches
  - Normalize gait pattern with crutches
  - Range of motion
    - Gentle range of motion

- **Phase 2 (Weeks 2-6)**
  - Weight bearing: As tolerated, discontinue crutch use
  - Progress range of motion
  - Therapeutic exercises
    - AVOID HIP FLEXOR STRENGTHENING UNTIL 6 WEEKS

- **Phase 4 (Weeks 6-12)**
  - Weight bearing: As tolerated
  - Initiate hip flexor strengthening
  - Progressive LE and core strengthening
  - Plyometrics
  - Treadmill running program when cleared by surgeon
  - Sport specific agility drills