

Hip Iliopsoas Release (THA)



IU Health Physicians

Phase I (6 weeks)

Goals:

- Reduce pain and inflammation
- Prevent muscle inhibition
- Restore range of motion
- Restore normal gait pattern

Restrictions:

- Weight bearing as tolerated
- No pool therapy until incisions are healed (3 weeks)

Treatment:

- Pelvic tilt exercises (caution with anterior pelvic tilt)
- Gait training

Criteria for discharge from PT:

- Minimal pain and inflammation
- Full ROM
- Full weight bearing and normalized gait