

**Post-Operative Rehabilitation Guidelines Following
Bilateral Sports Hernia Repair and Adductor Release**

I. Immediate Post-Operative Phase (0-2 weeks)

Goals:

- Ensure wound healing
- Edema and pain control
- Prevent excess scarring
- Improve flexibility/length of adductor musculature

Precautions:

- Avoid abdominal crunch activation (Aggressive rectus abdominus activity)
- Avoid aggressive hip/trunk hyper-extension
- Avoid aggressive Adductor muscle contractions
- Rest with several pillows between legs throughout the day and while sleeping

Exercises:

Walking (15 min, 2x per day)
ROM/Stretching

- Gentle stretching of adductor, hamstring, quadriceps, piriformis
- PROM of hip
- Trunk Rotations
- Self adductor/FABER stretch frequently throughout day (every 2-3 hours)

Modalities:

Cryotherapy and Electrical Muscle Stimulation (pain control)

Criteria to progress to Phase 2:

- Minimal pain with ADL's/walking
- Improving ROM of hips and Lumbar spine

II. Intermediate Post-Operative Phase (Weeks 2-4)

Goals:

- Edema and pain control
- Prevent excess scarring
- Normalize Hip and lumbar spine mobility
- Normalize Adductor length/flexibility
- Early recruitment of Transverse Abdominus (TA)/Adductor muscles

Protect surgical repair

Exercise:

ROM/Stretching

- Continue stretching of Adductor, Hamstring, Quadriceps, Piriformis and begin Psoas/Rectus Femoris stretching (ensure pain free)
- Single/double knee to chest

Cardiovascular

- Progress to 30 minutes walking (1x per day)
- May begin bike (Initially 15 min with progression to 30 min by week 4)
- Controlled Swim-Ex when incisions healed – Avoid excessive hip adduction and core activation

Strengthening:

Begin dynamic core program that emphasizes neutral spine/breathing

- Pelvic tilts
- Trunk rotations
- Dead bug progression
- Bridging progression
- Quadruped Progression
- Ball squeeze/Isometrics for Adductors
- Supine Reverse clam for Adductors
- Side lying clams
- Side lying hip abduction
- Seated hip ER/IR theraband
- Isometric planks against wall
- Initiate body wt strength program (Step up/down, ball squat)

Standing Movement/Stabilization

- Forward/Lateral hurdle walks
- Balance on AirEx (progress ball toss)

Modalities:

Moist heat, massage, ultrasound, electrical muscle stimulation,
cryotherapy

Criteria to Progress to Advance Strength:

Pain free with ADL's, ambulating
Full Rom of hips/lumbar spine
Good TA recruitment/ability to maintain neutral spine

III. Strength Phase (Weeks 4-8)

Goals:

- Good recruitment of TA and Adductor musculature
- Good pelvic stabilization with core strength program
- Good length and flexibility of hip flexor and adductor musculature

Exercise:

ROM/Stretching:

- Continue stretching program as above

Cardiovascular:

- Continue to progress speed/distance on bike/elliptical, walk-jog program, Swim Ex (as tolerated) – Goal of Elliptical week 4, jogging week 6
- Begin alternating Interval training

Strengthening:

- Begin dynamic core training program, Initiate use of Physio ball (Neutral spine at all times)
 - Prone /quadruped
 - Bridging progression
 - Bird-dog progression
 - Plank progression – wall > side > table > ground > rotation
 - Gentle curl-up
 - Begin rotational theraband sitting week 5, progress to multi-plane oblique rotations week 6
- Progress lower body strength program
 - Clams
 - Begin side lying adduction week 4
 - Step up/down
 - Ball squat
 - Lateral Resisters
 - RDL
 - Forward lunge week 4, 3-way Lunge progression week 6
 - Sports cord progression
 - Manual PNF exercise for Adductors week 6
- Standing stabilization
 - PNF diagonals with sport cord
 - Air Ex/Dynadisc stabilization with ball toss

Modalities:

Hot pack, whirlpool, massage, foam roller, cryotherapy

Criteria to progress to Advanced strength/agility phase:

Pain free with ADL's, jogging and all previous Exercises

Full ROM of hips
Good flexibility/length of Adductors
Good TA Recruitment and ability to maintain neutral spine
Good strength of Adductor musculature

IV. Advanced Strength/Agility(Weeks 8-10)

Goals:

Progress and Normalize strength (TA/Adductors)
Tolerate progressive running and agility program

Exercise:

ROM/Stretching

- Continue Stretching as above

Cardiovascular

- Continue alternating cardio/Interval on bike/elliptical
- Progress dynamic warm-up program
 - Lateral shuffle/Carioca/Backward
 - Progress jogging/running (No start/stop)

Strengthening

- Continue to progress core/stabilization program for TA/Adductors
- Initiate lower extremity Plyometric program
 - 2 Leg ground > Boxes > rotational > 1 leg
- Agility ladder
- Initiate medicine ball routine
 - Week 8 – Chest pass
 - Week 9 – Side and side-to-side passes
 - Week 10 – Overhead pass and oblique rotations

Modalities:

Continue hot pack, massage, foam roller, cryotherapy

Criteria to progress to sports specific Training:

Symmetrical strength of hips, abdominal musculature
Normal/good flexibility
Symptom free with jogging/running program

V. Sports specific Training Program (Weeks 10-12)

Goals:

Return to full sport activity without pain

Exercise:

Cardiovascular

- Continue alternating cardio/interval training
- Progress running/Sprinting
- Initiate Start/stop/change of direction running program
- Sport-specific Drills

Strengthening

- Continue core progression

Stretching/ROM

- As above

Modalities

Continue massage and foam roller as needed

Sports-specific Activities

Progress and Return to all activities