



Trochanteric Bursectomy/Proximal ITB release

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Phase I – Post-op Weeks 1-4

Goals

- Restore ROM within restrictions
- Normalize gait without assistive device and normal pelvofemoral mechanics
- Prevent muscular inhibition / increase strength

Precautions

- Gradual progression to full ROM
- TDWB immediately post-op; progress WBAT
- Progress WB as following criteria are met
 - Controlled pain
 - Non-antalgic gait pattern
 - Normal pelvofemoral mechanics – No Trendelenburg

Exercise Program

- Heel slides
- Passive ROM ER, IR, Abd, Ext
- Supine Knee to Chest
- Supine Hip ABD/ADD
- SLR
- Bridge
- Prone Extension
- Quadruped rocking
- Standing on uninvolved leg, surgical leg performs 4-way hip
- Curl-up

Progress exercises as muscular control at proximal hip and WB status allows

- SLB
- Calf raises
- Mini Squats
- Weight-shifting/Clock Steps
- Lateral Stepping – glut medius control
- Involved and uninvolved anterior/posterior steps with ball taps

Phase II – Post-op Weeks 4 – 8

Criteria for progression to Phase II

- Minimal pain with phase I exercises
- Minimal ROM limitations
- Normal gait pattern – no Trendelenburg

Goals

- Restore full functional PROM
- Progressively increase strength
- Return to ADL's

Exercise Program

- Stationary bike / Elliptical / Water walking in chest deep water if incisions are well healed
- Hip ROM – all planes
- Stretching for Hip Flexors, ER, IR/Piriformis
- Sidelying hip ABD/ADD
- Hip ER Clam
- Static and Dynamic Core Control Exercises – Quadruped Bird Dog, Front Plank
- 4-way Hip with tubing, stance on involved LE
- Step Ups
- Step Downs

Phase III – Post op Week 8 – 12

Criteria for progression to Phase III

- Successful progression through Phase II exercises
- Overall hip strength > 70% of the uninvolved side
- Pain-free/normal gait pattern

Goals

- Restoration of muscular strength and endurance
- Restoration of cardiovascular endurance
- Optimize neuromuscular control/balance/proprioception

Exercises

- Closed chain T-band hip internal and external rotation
- Wall tap for glut medius
- Single leg balance progressing to airex and rebounder
- Unilateral bridge and bridging with swiss ball
- Side plank – knees/toes
- Lateral stepping/ Hip ER stepping with T-band

Phase IV – Post Op Week 12-16

Criteria for progression to Phase IV

- Successful progression through Phase III exercises
- Hip strength in all planes > 85% of the uninvolved side

Goals

- Return to activity/sport progression
- Progression to a graduated running program
- Progression to a graduated agilities program

Exercises

- Advanced strengthening / Functional Exercise
- Elliptical and Stairclimber
- Walking lunges progressing to walking lunges with trunk rotation
- Mini squat jump with proper landing mechanics

Criteria for progression to a graduated running program

- Step down test > 85% of the uninvolved side
- Demonstrate normal and symmetrical pelvofemoral mechanics with single leg hop test and drop jump
- Satisfactory straight ahead jogging observation

Criteria for progression to a graduated agilities program

- Satisfactory progression to 50% effort running without complaints of pain and symmetrical pelvofemoral mechanics

Criteria for return to sports

- Successful completion of running and agilities programs to 100% effort
- Successful completion of sport specific drills
- Hip strength in all planes equal to the uninvolved side
- Successful completion of the Lower Extremity Functional Capacity Assessment