

Iliopsoas Release Hip Protocol

Michael Chiu, MD
Illinois Bone and Joint Institute
Phone: (847)870-6100
Fax: (847)870-8159

WBAT and hold off on resisted or repetitive hip flex and adduction x 6 weeks
At 6 weeks start elliptical, band walking, and one-leg strength/stability exercises
At 3 months jogging program, plyometrics, and sport-specific

Avoid flex internal rotation, start eccentric strengthening of hip flexors at 6 weeks.