

Adductor Tendon Release – Rehab Protocol
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POST OPERATIVE MANAGEMENT

- WBAT
- Crutches as needed for the first week

Weeks 1-2

- Discontinue crutches when able to walk without a limp
- Important for first 2 weeks to work on **stretching the adductor tendons**
- Modalities as indicated

WEEKS 2-4

- Progressive strengthening to pain tolerance
- Isometrics/Eccentrics/Concentric work—pain is the guide
- Can start light jogging program as the leg will tolerate at 3-4 weeks

WEEKS 4-8

- Increase sports specific drills and activities to patient tolerance
- Continued goals of adductor: abductor strength ratio of >80% to minimize re-injury risk
- Continue stretching protocol