

UCSF Physical Therapy Referral

Diagnosis: Hip endoscopic trochanteric bursectomy; IT Band release

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-1 weeks):

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Weightbearing as tolerated with crutches

Wean off crutches after 1 week

Dressing on until seen by MD

Heel slides

Gentle AROM and active-assisted ROM

PHASE I (1-6 weeks):

GOALS:

Healing of hip/muscles

EXERCISES/RESTRICTIONS:

Hip range of motion program- Range of motion to normal

Normalize gait

Isometrics for quads, hamstrings

Stationary Bike OK

Modalities OK

PHASE II (6-12 weeks)

GOALS:

Range of Motion to normal

Normalize gait

Improve hip strength- begin strengthening program

EXERCISES/RESTRICTIONS:

Hip strengthening/CORE/Pilates

Stationary Bike OK

Elliptical OK

Running OK

Quad/Hamstring Program

Begin proprioception training

Scar massage, Modalities

Home Exercise Program

PHASE III (>12 weeks)

GOALS:

Improve endurance

Advanced Hip Program

Home Therapy

EXERCISES/RESTRICTIONS:

Running OK

UCSF Orthopaedic Institute

1500 Owens Street Ste 170 | San Francisco, CA 94158

Phone: 415-353-2808 | Fax: 415-353-7593 | orthosurg.ucsf.edu

UCSF Health
Sports Medicine

UCSF Physical Therapy Referral

Road Bike OK
Hip strengthening/CORE/Pilates
Modalities OK
Advanced gait/strengthening program
Pain Free Running
Normal flexibility
Sport-specific drills
Endurance exercises
Home Exercise Program

UCSF Orthopaedic Institute
1500 Owens Street, #201
San Francisco, CA 94158
Ph: 415.353.7566 Fax: 415.885.3838