



**LOURDES MEDICAL ASSOCIATES**  
**PROFESSIONAL ORTHOPAEDICS**  
**SPORTS MEDICINE & ARTHROSCOPY**

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## ATHLETIC PUBALGIA PROTOCOL: GENERAL ATHLETICS

### **0-4 Weeks**

Relative Rest: ADL's as tolerated

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### **4-6 Weeks**

.• No resistive exercise

.• No sit-ups

Posterior pelvic tilt (5-6 sec. hold) sets of 10

Pool exercises:

- Pool walking: forward and backward (3-5 laps initially)
- Standing hip adduction/abduction, flexion, extension (30 reps each)
- Partial squats (30 reps)
- Heel raising (30 reps)

Gentle stretching:

- Side bending (4 times for 30 sec. each)
  - Hip extension stretch (4 times for 30 sec. each)
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### **Week 6**

Progressive resistance exercises:

- Hip flexion/ adduction/ abduction/ extension with body weight
- When sets of 10-10-15 accomplished, weights may be increased in 2 lb. increments

Pool exercises:

- Running backward/forward, cariocas, side slides  
(3-5 laps initially), jumping jacks (legs only), scissors, swimming (Flutter kick only – **NO BUTTERFLY STROKE**)
  - UBE - 20 min.
  - Stairmaster- 20 min.
  - Stationary bike - 20 min.
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## **Week 7 (1/2 Mile)**

Jogging 1/2 mile; 100 yd. backwards:

Strengthening:

- Abdominal crunches
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## **Week 8 (1/2-1 mile)**

Jogging 1/2 -1 mile (include backward runs) and the following agility drills: (50 yds. agility drills for every 1/4 mile)

- Cariocas
  - Sprinting ~ 50 yds. with gradual 25 yd. warm up and 25 yd. cool down. Gradually build up speed avoiding sudden stops and starts
  - Cross-overs/straddles
  - Figure 8's
  - Lunges ~ 3 sets of 10
  - plyometrics – shuttle, rope jumping
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## **Week 9 (1 mile +)**

Jogging 1 mile and add sport-specific activities as follows-

- Soccer (dribbling, passing)
  - ***\*No shooting or long volley***
  - Running (hills, sprints)
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## **Weeks 9-12**

Keep increasing running (1/4 mile increments) and drills until 3 months

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## **3 Months**

PLAY!!!

All cardiovascular activities should include 5 min. warm up, 20 min. exercise in target heart rate zone, and 5 min. cool down.

*\*\*\*\* Plan reduced up to 50% if Adductor Tendon Release Performed (Consult with Dr. Mc Millan if performed prior to commencement)*