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# Sports Injury and Joint Replacement Surgery for the Hip and Knee

# ABDUCTOR TENDON REPAIR REHABILITATION PROTOCOL

## Week 1-6

- Touch weight bearing
- Gentle passive ROM hip
- Active ROM knee
- · No active abduction of hip

### Week 7-12

- Full weight bearing
- · Active ROM hip and knee

#### 3-6 months

- Stretching
- Closed chain strengthening
- Core strengthening
- Non-impact activity

#### 6 months

Return to normal activities



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