

# Iliopsoas Sprain/Strain

Guideline for rehab of 5x a week, 2x a day, 15 min. per session

## Phase 1 (usually 1-4 weeks)

1. Hip stretches
  - iliopsoas (avoid during acute stages; gentle and very small range as tolerated)
  - piriformis
  - hamstrings
  - gluteals
2. Eccentric hip flexion sets of 15 reps
3. Limbo-pelvic dissociation on swiss ball
  - pelvic tilt ant/post, med/lat, clockwise, counterclockwise
4. Prone and supine core stability exercises with pressure biofeedback, 3 x 20 reps for each arm and leg
5. Single leg bridging with opposite leg extension
6. Resisted lateral walks with resistance band placed around knees, progressing over time to ankles as tolerated
7. Forward lunges
8. Squats
9. Single leg stance with opposite leg at 90deg of hip and knee flexion 30 sec x 5 reps

## Phase 2 (5 -8 weeks)

1. Hip stretches
  - iliopsoas
  - piriformis
  - hamstrings
  - gluteals
2. Eccentric hip flexion sets of 15 reps

3. Prone and supine core stability exercises with pressure biofeedback, 3 x 20 reps for each arm and leg
4. Quad pointer progressed by addition of weights to arms and legs
5. Cook hip/lift/single limb bridge
6. Squats on unstable surface such as a Bosu ball for lumbo-pelvic-hip control
7. Single leg Romanian dead lifts (unweighted)
8. Lateral and forward lunges
9. Single leg stance on unstable surface 30 sec x 5 reps
10. Correct gait mechanics

### **Phase 3 ( 9-12 weeks)**

1. Eccentric hip flexion
2. Bridging progression (marching and on unstable surface)
3. Hamstring bicycles with hip lift on TRX for posterior chain strength
4. Multi-directional lunges (progressed to holding weight)
5. Weighted single leg Romanian dead lifts
6. Squatting on foam roller (control, balance and movement quality)
7. Multi-directional planks
8. Continue with correction gait mechanics

### **Protocol for eccentric-biased exercise**

3 sets of 15 reps

Slow, controlled movements

Exercise should elicit moderate but not disabling pain

Increase load when pain is minor or absent

Perform exercises 2x/day

Avoid any aggravating physical activity during the first 4-6 weeks of eccentric exercise



Eccentric hip flexion

Starting position



End position