



Sports Hernia Surgery
Rehabilitation Protocol

Dr Troy Ferguson

I. Immediate Post-Operative Phase (0-2 weeks)

Goals

Ensure wound healing
Edema and pain control
Prevent excess scarring
Improve flexibility/length of adductor musculature

Precautions:

Avoid abdominal crunch activation (aggressive rectus abdominus activity)
Avoid aggressive hip/trunk hyper-extension
Avoid aggressive adductor muscle contractions
Rest with several pillows between legs throughout the day and while sleeping

Exercises:

Walking (15 minutes, 2x day)
ROM/stretching
Gentle stretching of adductor, hamstring, quadriceps and piriformis

Modalities:

Cryotherapy and electrical muscle stimulation (pain control)

Criteria to progress to Phase 2:

Minimal pain with ADL's/walking
Improving ROM of hips and lumbar spine

NOTES:



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II. Intermediate Post-Operative Phase (2-4) weeks

Goals

Edema and pain control
Prevent excess scarring
Normalize hip and lumbar spine mobility
Normalize adductor length/flexibility
Early recruitment of transverse abdominus/adductor muscles
Protect surgical repair

Exercises:

ROM/stretching
Continue stretching of adductor, hamstring, quadriceps, piriformis
Begin psoas/rectus femoris stretching (ensure pain free)

Cardiovascular:

Progress to 30 minutes walking (1x/day)
May begin bike (initially 15 min. with progression to 30 min. by week 4)
Controlled swimming when incisions healed ***avoid excessive hip adduction and core activation

Strengthening:

Begin dynamic core program that emphasizes neutral spine/breathing

Modalities:

Moist heat, massage, ultrasound, electrical muscle stimulation and cryotherapy

Criteria to progress to Phase 3:

Pain free with with ADL's/walking
Full ROM of hips and lumbar spine
Good transverse abdominus recruitment/ability to maintain neutral spine

NOTES:

III. Strength Phase (4-6 weeks)

Goals

Good recruitment of transverse abdominus/adductor muscles
Good pelvic stabilization with core strength program
Good length and flexibility of hip flexor and adductor musculature

Exercises:

ROM/stretching
Continue stretching of adductor, hamstring, quadriceps, piriformis
Begin psoas/rectus femoris stretching (ensure pain free)

Cardiovascular:

Continue to progress speed/distance on bike
Start speed/distance on elliptical week 4, jogging week 6
Swim exercise as tolerated

Strengthening:

Continue dynamic core program that emphasizes neutral spine/breathing
Initiate use of Physio ball
Progress lower body strength program

Modalities:

Hot pack, whirlpool, massage, foam roller, cryotherapy

Criteria to progress to Phase 3:

Pain free with with ADL's, walking, jogging and all previous exercises
Full ROM of hips and lumbar spine
Good flexibility/length of adductors
Good transverse abdominus recruitment/ability to maintain neutral spine

NOTES:



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IV. Advanced Strength/Agility Phase (7-10 weeks)

Goals

Progress and normalize strength (transverse abdominus/adductors
Tolerate progressive running and agility program

Exercises:

ROM/stretching

Continue stretching of adductor, hamstring, quadriceps, piriformis

Continue psoas/rectus femoris stretching (ensure pain free)

Cardiovascular:

Continue alternating cardio/interval on bike/elliptical

Progress dynamic warm-up program

Modalities:

Continue hot pack, massage, foam roller, cryotherapy

Criteria to progress to sport specific training:

Symmetrical strength of hips and abdominal musculature

Normal/good flexibility

Symptom free with jogging and / or running

NOTES:
