BoulderCentre
for Orthopedics & Spine
Your Life in Motion

Brian P. Davis, MD
Sports Medicine, Shoulder, Knee, & Elbow Surgeon
office: 303.449.2730

ATHLETIC PUBALGIA PROTOCOL
GENERAL ATHLETIC IN-SEASON (6 WEEK) PROGRAM

	Time Frame (Weeks)	Guidelines
PHASE I	0 to 3	**RELATIVE REST:** • Activities of daily living only. • No lifting or other activities that increase intraabdominal pressure
PHASE II	Week 4	**BEGINNING RESISTIVE EXERCISES:** • No sit-ups or biking • Posterior pelvic tilt; 5-6 sec. holds, set of 10 • Mild resistive exercises 　◊ Pool walking: forward and backward (3-5 laps initially) 　◊ Standing hip abduction/adduction, flexion, extension (30 reps each) 　◊ Partial squats (30 reps) 　◊ Heel raising (30 reps) • Gentle stretching 　◊ Side bending (4 x 30 sec. hold each) 　◊ Hip extension stretch (4 x 30 sec. hold each) 　◊ Psoas, groin, hamstring, and quads
PHASE III	Week 5	**GETTING BACK TO NORMAL SHAPE** • Progressive resistance exercises 　◊ Hip flexion/adduction/abduction/extension with body weight; when sets of 10-15 can be accomplished, resistance can be added increased in 2lb increments 　◊ Lunge progression (3 x 10 reps) 　◊ Abdominal activation exercises 　◊ Upper body exercise can be incorporated in progressive fashion • Pool exercises 　◊ Running backward/forward, cariocas, side slides (3-5 laps initially), jumping jacks (legs only), scissors, swimming (flutter kicks only—NO BUTTERFLY STROKE) • Jogging: 1/2 mile—1 mile (include backward runs and increase 1/4 mile increments) • Sprinting: 50 yards with gradual 25 yard warm-up and 25 yard cool down); Gradually build up speed avoiding sudden stops and starts • Agility drills: 50 yard agility drills for every 1/4 mile • Plyometrics • Sports specific activities 　◊ Soccer (dribbling, passing). No shooting or long volleys • CV Exercise: Stairmaster OK; 20 minutes
PHASE IV	Week 6	**RETURN TO PLAY** • Scrimmage 　◊ Progressive controlled contact (mild pain to be expected are exercise. If sharp and or severe pain presents, modfy exercise program to eliminate). • Return to normal workouts; Discontinue progressive abdominal exercises with week. **END OF WEEK 6** • Full return to activity as tolerated.