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ATHLETIC PUBALGIA PROTOCOL

GENERAL ATHLETIC IN-SEASON (6 WEEK) PROGRAM

	Time Frame (Weeks)	Guidelines
PHASE I	0 to 3	<p>RELATIVE REST:</p> <ul style="list-style-type: none"> • Activities of daily living only. • No lifting or other activities that increase intraabdominal pressure
PHASE II	Week 4	<p>BEGINNING RESISTIVE EXERCISES:</p> <ul style="list-style-type: none"> • No sit-ups or biking • Posterior pelvic tilt; 5-6 sec. holds, set of 10 • Mild resistive exercises <ul style="list-style-type: none"> ◊ 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 <ul style="list-style-type: none"> ◊ 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	<p>GETTING BACK TO NORMAL SHAPE</p> <ul style="list-style-type: none"> • Progressive resistance exercises <ul style="list-style-type: none"> ◊ 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 <ul style="list-style-type: none"> ◊ 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 <ul style="list-style-type: none"> ◊ Soccer (dribbling, passing). No shooting or long volleys • CV Exercise: Stairmaster OK; 20 minutes
PHASE IV	Week 6	<p>RETURN TO PLAY</p> <ul style="list-style-type: none"> • Scrimmage <ul style="list-style-type: none"> ◊ Progressive controlled contact (mild pain to be expected are exercise. If sharp and or severe pain presents, modify exercise program to eliminate). • Return to normal workouts; Discontinue progressive abdominal exercises with week. <p>END OF WEEK 6</p> <ul style="list-style-type: none"> • Full return to activity as tolerated.