

## Hip Greater Trochanteric Bursectomy Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-4 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Protect the hip</li> <li>● Prevent Scar</li> <li>● Decrease inflammation</li> </ul>	<p>50% partial weightbearing x 2 weeks</p>	<ul style="list-style-type: none"> <li>● Hip limitations for 2 weeks:</li> <li>● No deep hip flexion (greater than 90 degrees)</li> <li>● No Adduction past midline</li> <li>● No passive ER in ADDuction</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Compression</li> <li>● Edema control</li> <li>● Avoid sleeping directly on hip</li> <li>● Ice multiple times per day</li> </ul>	<ul style="list-style-type: none"> <li>● PROM – Circumduction, side-lying flexion, abduction, bike (zero resistance)</li> <li>● Isometrics-Quad, glute, hamstring sets,</li> <li>● Hip joint mobilization</li> <li>● Cat/Camel and quad rocking</li> <li>● Standing TKE</li> <li>● Starting week 3: supine hip flexion on ball, sidelying Glute max/medius holds</li> <li>● Quadruped superman</li> <li>● knee ROM as tolerated</li> </ul>
<p><b>Phase 2 (5-10 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Eliminate inflammation</li> <li>● Normal gait</li> <li>● Progressive increase in strength</li> </ul>	<p>Progress off crutches starting week 2</p> <p>Full ROM</p>	<ul style="list-style-type: none"> <li>● Progressive hip ROM</li> <li>● Avoid extremes of ROM</li> <li>● Try to avoid adduction past midline</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Ice multiple times per day</li> </ul>	<ul style="list-style-type: none"> <li>● Only progress exercises to tolerance, and when patient exhibits good control</li> <li>● Joint mobilizations</li> <li>● Progress core strengthening</li> <li>● Hip flexor activation (but minimal active/resisted hip flexion)</li> <li>● Clam shells</li> <li>● Single-leg bridges</li> <li>● Leg press with minimal resistance</li> <li>● Side stepping with band</li> <li>● ¼ mini squats (after full weightbearing)</li> <li>● Standing 4-way hip with low resistance</li> <li>● Elliptical may begin week 8 if doing well</li> </ul>

**Aaron J. Casp, MD**  
*Sports Medicine, Hip, Knee, and Shoulder Surgery*  
 p: (303) 835-8561  
 f: (303) 879-4036



<p><b>Phase 3 (10+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>Return to pre-injury level</li> </ul>	<p>Maintain ROM and full weightbearing</p>	<ul style="list-style-type: none"> <li>Full A/PROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>Bike, elliptical- advancing</li> <li>Lunges – forward and lateral</li> <li>Single leg balance</li> <li>Planks and side planks</li> <li>Trunk rotation</li> <li>Single leg hip bridges</li> <li>Slide board</li> <li>Agility drills if pain free</li> <li>Hip rotational activities</li> <li>Progress running/cutting</li> </ul>
			<ul style="list-style-type: none"> <li>See physician prior to full release to activities/sports</li> </ul>