

Hip Bursectomy

General

Full weight-bearing as tolerated with crutches—
wean as tolerated

Stitches assessed and removed in clinic by 7-14 days

Weeks 0-2

Hamstring sets

Prone hangs

Ankle pumps

Toe/heel raises

Modalities as necessary to decrease swelling

Weeks 2-8

Continue previous activities

Quad sets with straight leg raises

Stationary bike with both legs

—Maintain high seat to avoid deep flexion

—Gradual increase in resistance

Treadmill 7% walk

Terminal 1/3 knee bends

Aqua therapy

Single leg squats

Weeks 8-10

Leg curls with no hyperextension

Swimming with fins

Quad sets with straight leg raises

Rowing/erg machine

Stationary bike with increased resistance

Weeks 10-16

Outdoor biking

Return to run program = elliptical → treadmill →
outdoor running

Week 16

Sport-specific training with gradual return to
agility exercises

3-4 months = Return to sports