



Isolated Trochanteric Bursectomy Rehab Protocol

- Toe Touch Weight-Bearing
- Brace and crutches for 2-3 weeks
- No active abduction or external rotation for 2-3 weeks
- Can do ankle pumps, quad sets, and glute squeezes
- Ice and NSAIDS are allowed

*By 3 weeks can progress to all activities slowly as tolerated