

Gluteus Medius - Rehabilitation Protocol

** Please provide patient with home exercise program

Weeks 1-4: Home

FFWB with crutches/walker

Alternate positions

Hip Isometrics

Quad sets

Glute sets

Core sets

DVT prevention

Ankle pumps

Leg elevation

Weeks 4-6

Initiate PT at week 4 (for arthroscopic/endoscopic glute med repair)

Initiate PT at week 6 for open glute med repair

Gait training PWB with assistive device

20 pounds through 4-6 weeks, progress between 4-6 weeks or 6-8 weeks

Doctor Chahla or PA will provide timeframe with which to advance.

Progress with passive hip flexion greater than 90 degrees

Other hip passive ROM

No aggressive abduction or ER

Isometrics

quad sets, glute sets, core isometrics

Supine bridges

Isotonic adduction

Progress core strengthening (avoid hip flexor tendonitis)

Progress with hip strengthening

Start isometric sub max pain free hip flexion (3-4 wks)

Quadriceps strengthening

Aqua therapy in low end of water (if incisions healed)

Weeks 6-8

Continue with previous therapy

Gait training: increase WBing to 100% by 8 weeks with crutches for some

Progress with ROM

Passive hip ER/IR

Supine log rolling Stool rotation Standing on BAPS

Lateral and inferior with rotation

Prone posterior-anterior glides with rotation

Progress core strengthening (avoid hip flexor tendonitis)

Weeks 8-10

Continue previous therapy

Progressive hip RO

Progress strengthening LE

No open chain strengthening required

Hip isometrics for abduction and progress to isotonic

Leg press (bilateral LE)

Isokinetics: knee flexion/extension

Progress core strengthening

Begin proprioception/balance

Balance board and single leg stance

Bilateral cable column rotations

Elliptical

Weeks 10-12

Progressive hip ROM

Progressive LE and core strengthening

Hip PREs and hip machine

Unilateral Leg press

Unilateral cable column rotations

Hip Hiking

Step downs

Hip flexor, glute/piriformis, and It-band Stretching – manual and self

Progress balance and proprioception

Bilateral → Unilateral → foam → dynadisc

Treadmill side stepping from level surface holding on progressing to inclines

Side stepping with theraband

>12 weeks

Progressive hip ROM and stretching

Progressive LE and core strengthening

Endurance activities around the hip

Advance walking, biking, elliptical tolerance

Dynamic balance activities

Patient may wean from PT once achieving goals on own and can be educated on HEP

Other modalities

Electric Stimulation Ultrasound Heat before/after Ice before/after

Dry needling Blood flow restriction therapy

Avoid - Deep tissue massage to site of repair (greater trochanter)