



# Gluteus Medius Repair

## Post-Operative Rehabilitation Protocol

### 0-4 weeks

- NWB with crutches/walker and brace x 6 weeks
- Home Exercises for first 4-6 weeks:
  - Alternate positions every 30-45 minutes
  - Hip Isometrics
  - Quad sets
  - Glute sets
  - Core sets
- DVT prevention
  - Ankle pumps
  - Leg elevation

### 4-6 weeks

- Continue NWB status until 6 weeks
- Progress with passive hip flexion greater than 90°
- Continue other hip passive ROM
- No aggressive abduction or ER
- Isometric 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 weeks)
- Quadriceps strengthening
- Aqua therapy in low end of water (if incisions healed)

### 6-8 weeks

- Begin WBAT progression: advance to PWB (25% then 50%) starting at 6 weeks continue to progress until full WBAT at 8 weeks post-op
- Discontinue crutches/assistive device once gait is normalized and non-antalgic
- Discontinue brace
- Progress with ROM
- Passive hip ER/IR
- Supine log rolling
- Stool rotation

### Weight Bearing Status

NWB x 6 weeks

### Post-op Brace

For 6 weeks when ambulating and 2 weeks for sleeping.

### ROM Restrictions

PROM 0-90° beginning POD 1



- Standing on BAPS
- Lateral and inferior with rotation
- Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)

## **8-10 weeks**

- Progressive hip ROM
- 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

## **10-12 weeks**

- 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 progress 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



Exercise	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
<b>Initial Exercises:</b>															
Alternate position every 30-45 minutes	█														
Hip Isometrics	█														
Glute sets, Quad sets, and Core isometrics	█														
Ankle Pumps	█														
Crutch weaning	NWB						█								
PROM (No aggressive Abd or ER)						█									
Hip Joint Mobs (Lateral, Anterior, Inferior)							█								
Progress with hip, core, and quad strengthening							█								
<b>Weight-bearing Strength Exercises:</b>															
Double Leg Bridges	NWB						█								
Single Leg Bridging, Side-lying leg raises	NWB									█					
Close chain abductor strengthening	NWB									█					
Cable Column rotations	NWB						█			█					
Single Leg Deadlift	NWB									█					
Bilateral Leg Press (80-0°)	NWB						█			█					
Unilateral Leg Press	NWB									█					
Lunges (forward, lateral, split squats)	NWB									█					
<b>Cardiovascular Exercises:</b>															
Bike w/ both legs (only non-op leg pedaling)-no resistance	█														
Upper body circuit training	█														
Bike w/ both legs-resistance	NWB						█								
Aqua Therapy- Gait Drills (pending incision healing)	NWB						█								
Treadmill-side stepping level surface	NWB									█					
Swimming and Deep water running	NWB									█					
Elliptical Trainer	NWB									█					
Rowing	NWB									█					
Stair stepper	NWB									█					
<b>Agility Exercises:</b>															
Running Progression	NWB									█					
Initial-Single Plane	NWB									█					
Advance-Multi Directional	NWB									█					
<b>High Level Activities:</b>															
Golf Progression	NWB									█					
Outdoor biking, hiking, running	NWB									█					
Return to Full Sport at 6-9 months post-op	NWB									█					

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS