

ORTHOPEDIC SURGERY & SPORTS MEDICINE

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Gluteus Medius Repair Protocol

Phase 1 (Weeks 0-6):

- Weight bearing for PARTIAL AND FULL THICKNESS TEARS: Toe touch weight bearing with crutches
- Brace: Hip brace to block abduction, adduction, internal/external rotation.
- Range of motion
 - NO ACTIVE abduction and internal rotation
 - o NO PASSIVE adduction and external rotation
 - Bike for 20 minutes/day (can be 2x/day)- if instructed by surgeon
- Progression criteria: 6 weeks postoperative

Phase 2 (Weeks 6-8):

- Weight bearing: As tolerated, discontinue crutch use
- Brace: Discontinue
- Range of motion
 - PROM: hip IR
 - AAROM: hip ER, abduction, adduction
 - AROM: hip flexion and extension
- Therapeutic exercises
 - Hip isometrics to begin at 6 weeks: extension and adduction
 - Quad sets, hamstring sets, lower abdominal activation

Phase 3 (Weeks 8-12):

- Weight bearing: Full
- Range of motion: A/AA/PROM with no restriction
- Therapeutic exercises
 - o Isometric to isotonic abduction
 - o Isotonic quad and hamstring
 - Core strengthening
 - Initiate hip flexion and extension progression
 - Upright bike with resistance at 10 weeks
 - Elliptical training at 10 weeks
- Stretching: Manual hip flexion

Phase 4 (Months 3-6):

- Weight bearing: Full
- Range of motion: A/AA/PROM with no restriction
- Therapeutic exercises
 - Endurance activities around the hip
 - Dynamic balance activities
 - Progressive LE and core strengthening
 - Plyometrics
 - Sport specific agility drills