

Post-Operative Rehabilitation Guidelines for Gluteus Medius Repair

Weeks 0-4
<ul style="list-style-type: none"> • Bike for 20 minutes/day (can be 2x/day) • Scar massage • Hip PROM <ul style="list-style-type: none"> ◦ Hip flexion to 90 degrees, abduction as tolerated ◦ No active abduction and IR o No passive ER or adduction (6 weeks) • Quadruped rocking for hip flexion • Gait training PWB with assistive device • Hip isometrics o Extension, adduction, ER at 2 weeks • Hamstring isotonic • Pelvic tilts • NMES to quads with SAQ • Modalities
Weeks 4-6
<ul style="list-style-type: none"> • Continue with previous therex • Gait training PWB with assistive device o 20 pounds through 6 weeks • Progress with passive hip flexion greater than 90 degrees • Supine bridges • Isotonic adduction • Progress core strengthening (avoid hip flexor tendonitis) • Progress with hip strengthening <ul style="list-style-type: none"> ◦ Start isometric sub max pain free hip flexion (3-4 wks) ◦ Quadriceps strengthening • Scar massage • Aqua therapy in low end of water
Weeks 6-8
<ul style="list-style-type: none"> • Continue with previous therex • Gait training: increase WB to 100% by 8 weeks with crutches

- Progress with ROM
 - Passive hip ER/IR
- Supine log rolling -> Stool rotation -> Standing on BAPS
- Hip Joint mobs with mobilization belt (if needed)
- Lateral and inferior with rotation
- Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)

Weeks 8-12

- Continue previous therex
- Wean off crutches (2 -> 1 -> 0)
- Progressive hip ROM
- Progress strengthening LE
 - 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 12+

- Continue with previous therex
- 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
- Hip hiking on stairmaster (week 12)