

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
 - o 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
 - o PROM: hip IR
 - o AAROM: hip ER, abduction, adduction
 - o AROM: hip flexion and extension
- Therapeutic exercises
 - o Hip isometrics to begin at 6 weeks: extension and adduction
 - o 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
 - o Core strengthening
 - o Initiate hip flexion and extension progression
 - o Upright bike with resistance at 10 weeks
 - o 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
 - o Endurance activities around the hip
 - o Dynamic balance activities
 - o Progressive LE and core strengthening
 - o Plyometrics
 - o Sport specific agility drills