

Gluteus Medius Repair Protocol

WEEK 1-4:

Weight Bearing

- Touch Down Weight Bearing with crutches (about 20 lbs. of force)

Brace

- Wear brace at all times except for exercises and hygiene
- Wear brace at night

ROM

- Avoid pinching feeling with ROM
- No active abduction or internal rotation
- No passive external rotation or adduction
- Flexion: 0-90°
- Extension: 0" (avoid hyperextension)
- Abduction: as tolerated

Therapeutic Exercise

- Exercise bike without resistance immediately (POD#1 if possible) 20 minutes per day (can be 2x per day)
- Gait training PWB with crutches
- Isometrics: Quad setting, gluteal setting, hamstring digs with knee support, plantarflexion/ dorsiflexion, eversion/inversion strengthening
- Prone lying
- STM mobilization, scar massage
- No joint/capsular mobilizations

WEEK 4-6:

Weight Bearing

- Continue Touch Down Weight Bearing with crutches (about 20 lbs. of force)

Brace

- Wear abduction brace when ambulatory, remove for exercises and hygiene
- May remove brace at night and when non-ambulatory

ROM

- Progress with passive hip flexion beyond 90 degrees
- Passive range of motion as tolerated within pain free range

Therapeutic Exercise

- Avoid straight leg raises (flexion) to prevent post-operative hip flexor tendonitis
- Continue to protect repaired tissue, avoid joint/capsular mobilizations
- Restore hip ROM
- Hamstring isometrics

WEEK 6-12:

Weight Bearing

- Full

Brace

- None

ROM

- Full

Therapeutic Exercise

- Continue previous phase exercise
- Begin straight leg raises (flexion)
- Continue to protect repaired tissue, avoid joint/capsular mobilizations
- Stationary bike with resistance
- Gluteal Isometrics
- Hamstring isometrics
- Avoid side-lying abduction against gravity until 12 weeks

WEEKS 12+:

Weight Bearing

- Full

Brace

- None

ROM

- Full

Therapeutic Exercise

- Treadmill walking, progressing to running when abductor strength is equal to contralateral side
- Single leg squats
- Lunges
- Side planks
- Plyometrics
- Sport Specific Training if hip strength 80% of contralateral side
- Return to sport 4-6 months if cleared by MD