

Gluteus Medius - Rehabilitation Protocol

** Please provide patient with home exercise program

Weeks 1-4: Home

FFWB with crutches/walker
Alternate positions
Hip Isometrics
Quad sets
Glute sets
Core sets
DVT prevention
Ankle pumps
Leg elevation

Weeks 4-6

Initiate PT at week 4 (for arthroscopic/endoscopic glute med repair)
Initiate PT at week 6 for open glute med repair
Gait training PWB with assistive device
20 pounds through 4-6 weeks, progress between 4-6 weeks or 6-8 weeks
Doctor Chahla or PA will provide timeframe with which to advance.
Progress with passive hip flexion greater than 90 degrees
Other hip passive ROM
No aggressive abduction or ER
Isometrics
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 wks)
Quadriceps strengthening
Aqua therapy in low end of water (if incisions healed)

Weeks 6-8

Continue with previous therapy
Gait training: increase WBing to 100% by 8 weeks with crutches for some
Progress with ROM
Passive hip ER/IR
Supine log rolling Stool rotation Standing on BAPS
Lateral and inferior with rotation
Prone posterior-anterior glides with rotation
Progress core strengthening (avoid hip flexor tendonitis)

Weeks 8-10

Continue previous therapy
Progressive hip RO
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

Weeks 10-12

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

>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

Other modalities

Electric Stimulation Ultrasound Heat before/after Ice before/after
Dry needling Blood flow restriction therapy
Avoid - Deep tissue massage to site of repair (greater trochanter)