



Gluteus Medius Repair

Post-Operative Rehabilitation Protocol

- 0-4 weeks**
 - NWB with crutches/walker and brace x 6 weeks
 - Home Exercises for first 4-6 weeks:
 - Alternate positions every 30-45 minutes
 - Hip Isometrics
 - Quad sets
 - Glute sets
 - Core sets
 - DVT prevention
 - Ankle pumps
 - Leg elevation
- 4-6 weeks**
 - Continue NWB status until 6 weeks
 - Progress with passive hip flexion greater than 90°
 - Continue other hip passive ROM
 - No aggressive abduction or ER
 - Isometric 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 weeks)
 - Quadriceps strengthening
 - Aqua therapy in low end of water (if incisions healed)
- 6-8 weeks**
 - Begin WBAT progression: advance to PWB (25% then 50%) starting at 6 weeks continue to progress until full WBAT at 8 weeks post-op
 - Discontinue crutches/assistive device once gait is normalized and non-antalgic
 - Discontinue brace
 - Progress with ROM
 - Passive hip ER/IR
 - Supine log rolling
 - Stool rotation
 - Standing on BAPS
 - Lateral and inferior with rotation

Weight Bearing Status

NWB x 6 weeks

Post-op Brace

For 6 weeks when ambulating and 2 weeks for sleeping.

ROM Restrictions

PROM 0-90° beginning POD 1



8-10 weeks

- Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)

- Progressive hip ROM
- 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

10-12 weeks

- 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 progress 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
- Plyo Prep Screen prior to initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com