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## Gluteus Medius Repair

### General Guidelines

- Crutches for 6 weeks, weight bearing 20lbs only
- Start use of stationary bicycle beginning post-operative day 2
  - 20 minutes per day
  - Elevate seat as high as necessary for hip comfort initially. Progressively lower as it becomes more comfortable.
  - Use nonoperative leg to pedal and let operative leg to have gentle passive motion

### Post-op Weeks 0 – 4

**Goals:** Pain control and early range of motion

- POD 10-14: Sutures out

#### **Therapy:**

Bike for 20 minutes/day  
Scar massage  
Hip PROM  
Hip flexion as tolerated, abduction as tolerated  
Log roll  
No active abduction and IR  
No passive ER (4 weeks) or adduction (6 weeks)  
Stool stretch for hip flexors and adductors  
Quadruped rocking for hip flexion  
Gait training PWB with assistive device  
Hip isometrics -  
Extension, adduction, ER at 2 weeks  
Hamstring isotonic  
Pelvic tilts  
NMES to quads with SAQ with pelvic tilt  
Modalities

### Weeks 4 – 6

**Goals:** Wean off of crutches after 4 weeks, regain hip ROM

#### **Therapy:**

Continue with previous exercises  
Gait training PWB with assistive device and no trendelenberg gait  
20 pounds through 6 weeks  
Stool rotations IR/ER (20 degrees)

Supine bridges  
Isotonic adduction  
Progress core strengthening (avoid hip flexor tendonitis)  
Progress with hip strengthening  
Start isometric sub max pain free hip flexion(4 weeks)  
Quadriceps strengthening  
Scar massage  
Aqua therapy in low end of water

### **Weeks 6 – 8**

**Goals:** Full AROM, progressive hip strength

**Therapy:**

Continue with previous exercises  
Gait training: increase Weight bearing to 100% by 8 weeks with crutches  
Progress with ROM  
Passive hip ER/IR  
Stool rotation ER/IR as tolerated » Standing on BAPS » prone hip ER/IR  
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**

**Goals:** Full AROM, progressive strengthening

**Therapy:**

Continue previous therex  
Wean off crutches (2 » 1» 0) without trendelenberg gait / normal gait  
Progressive hip ROM  
Progress strengthening LE  
Hip isometrics for abduction and progress to isotonics  
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  
Hip Hiking  
Treadmill side stepping

### **Months 3 -4**

**Goals:** Full AROM, progressive strengthening, return to full activities

**Therapy:**

- Progressive hip ROM and stretching
- Progressive LE and core strengthening
- Endurance activities around the hip
- Dynamic balance activities
- Treadmill running program
- Sport specific agility drills and plyometrics

**Measurement goals:**

- Pain free or at least a manageable level of discomfort
- MMT within 10 percent of uninvolved LE
- Biodex test of Quadriceps and Hamstrings peak torque within 15 percent of uninvolved
- Single leg cross-over triple hop for distance
  - Score of less than 85% are considered abnormal for male and female
- Step down Test