



## Arthroscopic or Open Gluteus Medius Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<p><b>Weeks 0-4</b> PT 1x/week HEP daily</p>	<p>Edema and pain control Protect surgical repair</p> <p>Avoid hip flexor tendonitis, trochanteric bursitis, synovitis</p> <p>Manage scar around portal sites</p> <p>Increased ROM focusing on flexion, NO active abduction, NO passive adduction, gentle IR/ER</p>	<p>No active abduction No passive adduction</p> <p>Weight bearing: 20lbs for 6 wks</p>	<ul style="list-style-type: none"> <li>- CPM for 2 hours/day (if appropriate)</li> <li>- Bike for 20 minutes/day (can be 2x/day)</li> <li>- Scar massage</li> <li>- Hip PROM: <ul style="list-style-type: none"> <li>o Passive hip flexion as tolerated</li> <li>o Passive abduction as tolerated</li> <li>o Log roll</li> <li>o No active abduction or IR</li> <li>o No passive ER (4 weeks) or adduction (6 weeks)</li> </ul> </li> <li>- Stool stretch for hip flexors/adductors</li> <li>- Quadruped rocking for hip flexion</li> <li>- Gait training PWB with assistive device</li> <li>- Hip isometrics: <ul style="list-style-type: none"> <li>o Extension, adduction, ER @ 2 weeks</li> </ul> </li> <li>- Hamstring isotonics</li> <li>- Pelvic tilts</li> <li>- NMES to quads with SAQ (short arc quads) with pelvic tilt</li> <li>- Modalities</li> </ul>
<p><b>Weeks 4-6</b> PT 1-2x/week HEP daily</p>	<p>Pain control Protect surgical repair</p> <p>Continue with previous therex</p> <p>Avoid hip flexor tendonitis, trochanteric bursitis, synovitis</p> <p>Manage scar around portal sites</p> <p>Increased ROM focusing on flexion, NO active abduction, NO passive adduction, gentle IR/ER</p>	<p>Gait training PWB with assistive device and no trendelenberg gait</p> <ul style="list-style-type: none"> <li>- 20 lbs through 6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>- Stool rotations IR/ER (20 degrees)</li> <li>- Supine bridges</li> <li>- Isotonic adduction</li> <li>- Progress core strengthening (AVOID hip flexor tendinitis)</li> <li>- Progress hip strengthening <ul style="list-style-type: none"> <li>• Start isometric sub max pain free hip flexion (4 weeks)</li> <li>• Quadriceps strengthening</li> </ul> </li> <li>- Scar massage</li> <li>- Aqua therapy in low end of water</li> </ul>



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<b>Weeks 6-8</b> PT 2x/week HEP daily	Continue with previous therex  Avoid hip flexor tendonitis, trochanteric bursitis, synovitis  Manage scar around portal sites	Progress with hip ROM - Passive hip ER/IR  Normalize gait	<ul style="list-style-type: none"> <li>- Passive hip ER/IR               <ul style="list-style-type: none"> <li>• Stool rotation ER/IR as tolerated -&gt; standing on BAPS -&gt; prone hip ER/IR</li> </ul> </li> <li>- Hip joint mobs with mobilization belt               <ul style="list-style-type: none"> <li>• Lateral and inferior with rotation</li> <li>• Prone posterior-anterior glides with rotation</li> </ul> </li> <li>- Progress core strengthening (avoid hip flexor tendonitis)</li> </ul>
<b>Weeks 8-10</b> PT 2-3x/week HEP daily	Continue with previous therex  Avoid hip flexor tendonitis, trochanteric bursitis, synovitis	Wean off crutches (2 -> 1 -> 0) without trendelenberg gait/ normal gait	<ul style="list-style-type: none"> <li>- Progressive hip ROM</li> <li>- Progressive LE and core strengthening               <ul style="list-style-type: none"> <li>o Hip isometrics for abduction and progress to isotonic</li> <li>o Leg press (bilateral LE)</li> <li>o Isokinetics: knee flexion/ extension</li> </ul> </li> <li>- Progress core strengthening</li> <li>- Begin proprioception/balance – balance board and single leg stance</li> <li>- Bilateral cable column rotations</li> <li>- Elliptical</li> </ul>
<b>Weeks 10-12</b> PT 1-2x/week HEP daily	Continue with previous therex  Progressive hip ROM		<ul style="list-style-type: none"> <li>- Progressive LE and core strengthening               <ul style="list-style-type: none"> <li>o Hip PREs and hip machine</li> <li>o Unilateral leg press</li> <li>o Unilateral cable column rotations</li> <li>o Hip Hiking</li> <li>o Step downs</li> </ul> </li> <li>- Hip flexor, glute/piriformis, and IT-band stretching – manual &amp; self</li> <li>- Progress balance and proprioception               <ul style="list-style-type: none"> <li>o Bilateral -&gt; unilateral -&gt; foam -&gt; dynadisc</li> </ul> </li> <li>- Treadmill side stepping from level surface holding on progressing to inclines when gluteus medius is with good strength</li> <li>- Side stepping with theraband</li> <li>- Hip hiking on stairmaster (week 12)</li> </ul>
<b>Week 12+</b>	Continue with previous therex		<ul style="list-style-type: none"> <li>- Progressive hip ROM and stretching</li> <li>- Progressive LE and core strengthening</li> <li>- Endurance activities around the hip</li> <li>- Dynamic balance activities</li> <li>- Treadmill running program</li> <li>- Sport specific agility drills and plyometrics</li> </ul>