



## REHABILITATION GUIDELINES FOR GLUTEUS MEDIUS REPAIR

Appointments	Begin physical therapy at 6 weeks post-op
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Protect the repaired tissue</li> <li>• Restore ROM within restrictions</li> <li>• Normalize gait pattern</li> <li>• Return to full function</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Walker and TTWB X6 weeks</li> <li>• No combined hip IR, and hip flexion for 8 weeks</li> <li>• No single leg stance for 12 weeks</li> </ul>
Suggested Therapeutic Exercises	<p>6 weeks post-op</p> <ul style="list-style-type: none"> <li>• Glute sets, quad sets, heel slides, isometric hip add with bolster between knees, SLR, supine and standing hip abd, standing hip ext</li> <li>• Progress hip flexion ROM</li> <li>• Stationary bike with minimal resistance and high seat</li> <li>• Progress to WBAT</li> </ul> <p>8 weeks post-op</p> <ul style="list-style-type: none"> <li>• Clamshells, sidelying hip abd and prone hip ext, bridge</li> <li>• Prone resisted hip IR/ER</li> <li>• At 10 weeks start standing abd and ext with theraband, standing on uninvolved side, side stepping with TB</li> </ul> <p>12 weeks post-op</p> <ul style="list-style-type: none"> <li>• Stair stepper</li> <li>• Closed chain strengthening</li> <li>• SLS, core stabilizations, 4-way hip performed bilaterally, lunges</li> <li>• Aquajogging</li> </ul> <p>16 weeks post-op</p> <ul style="list-style-type: none"> <li>• Continue hip strengthening and mobility</li> <li>• As cleared by physician, may start running and double leg impact</li> </ul> <p>20 weeks post-op</p> <ul style="list-style-type: none"> <li>• Progress to single leg impact</li> </ul> <p>Return to sport at 6 months, as cleared by physician</p>