

## POST-OP PROTOCOL HIP GLUTEUS MEDIUS REPAIR

### General Guidelines

- No active abduction
- No passive adduction
- Normalize gait pattern with brace and crutches
- 20lb Touchdown Weightbearing x 6 weeks in abduction brace

### Weeks 0-6:

- Bike 20 minutes/day as tolerated, low/no resistance
- Scar massage starting 4 weeks postop
- Passive ROM
  - Hip flexion as tolerated, passive abduction as tolerated
  - Log roll
  - No active abduction and IR
  - No passive ER or adduction x6wks
- Hip Isometrics: Extension/Adduction, ER x 2weeks

### Weeks 6-8:

- Exercises As above
- Advance to WBAT by 8 weeks with crutches, wean brace
- Supine bridges
- Isotonic adduction
- Progress core strengthening
- Progress Hip Strengthening – start Isometric sub max pain-free hip flexion
- Quad Strengthening
- Scar massage
- Aquatherapy

### Week 8-10:

- Wean off crutches (2→1→0) without trendelenberg gait
- Progressive hip ROM
- Progress LE strengthening
  - Hip isometrics for abductor and progress to isotonics
  - Leg press (bilateral LE)
  - Core strengthening
- Begin proprioception/balance, single leg stance
- Elliptical

#### **Week 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
- Treadmill side stepping from level surface holding on progressing to inclines when gluteus medius is with good strength
- Side stepping with theraband

#### **Weeks 12+**

- 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