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Endoscopic Gluteus Medius Repair Rehab Protocol

Date of Surgery:

Procedure:

Provide patient with home exercise program.

Weeks 1-4

- Bike for 20 minutes/day (can be 2x/day)
- Scar massage
- Gait training FFWB 20# (6 weeks) with assistive device
- Hip PROM
 - » Hip flexion to 90 degrees, abduction as tolerate
 - » No active abduction and IR
 - » No passive ER or adduction (6 weeks)
- Quadruped rocking for hip flexion
- Hip isometrics
 - » Extension, adduction, ER at 2 weeks
 - » Hamstring isotonic
 - » Pelvic tils
 - » NMES to quads with SAQ

Weeks 4-6

- Continue with previous therapy
- Gait training PWB with assistive device
 - » 20 pounds through 6 weeks
- Progress with passive hip flexion greater than 90 degrees
- Supine bridges



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- 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

Weeks 6-8

- Continue with previous therapy
- Gait training: increase WBing to 100% by 8 weeks with crutches
- Progress with ROM
 - » Passive hip ER/IR
- Supine log rolling □ Stool rotation □ Standing on BAPS
- Hip joint mobs on mobilization belt (if needed)
- Lateral and inferior with rotation
 - » Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)

Weeks 8-10

- Continue previous therapy
- Progressive hip RO
- 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



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Weeks 10-12

- Continue with previous therapy
- 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 progressing to inclines
 - » Hip hiking on Stairmaster (week 12)

≥ 12 Weeks

- 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

Other:

- Modalities
 - » Electric Stimulation; Ultrasound ; Heat before/after ; Ice before/after

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