

Rehabilitation Protocol: Gluteus Medius Repair

Phase I (Weeks 0-8)

- Gait training PWB with assistive device
 - Increase to 100% at 8 weeks
- Hip PROM
 - Hip flexion to 90 degrees, abduction as tolerated
 - Increase at 8 weeks
 - No active abduction and IR
 - No passive ER or adduction (6 weeks)
 - After 6 weeks
 - Passive hip ER/IR
 - Supinelogrolling
 - Prone posterior-anterior glides with rotation
 - Hydrotherapy
- Bike for 20 minutes/day (can be 2x/day)
- Scar massage
- Hamstring isotonic
- Pelvic tilts
- Hip isometrics –
Extension, adduction, ER at 2 weeks

Phase 2 (Weeks 8-12)

- Continue previous therapy
- Wean off crutches (2€ 1€ 0)
- Progressive hip ROM
 - Progress strengthening
 - Hip isometrics for abduction and progress to isotonic
 - Leg press (bilateral LE)
 - Isokinetics: knee flexion/extension
 - ITB stretching
 - Progress core strengthening
 - Begin proprioception/balance
 - Balance board and single leg stance
 - Bilateral cable column rotations
 - Elliptical
 - Hip hiking on stairmaster (week 12)

Phase 3 (Weeks 12- 16)

- Treadmill side stepping from level surface holding on progressing to inclines
- Side stepping with theraband
- Progressive hip ROM and stretching
- Progressive lower extremity and core strengthening
- Endurance activities around the hip
- Dynamic balance activities
- Treadmill running program
- Sport specific agility drills and plyometrics

Comments:

- Protected weight bearing in first 8 weeks
- Consider brace if Trendelberg gait despite gait aid
- Look to normalise gait pattern in first 12 weeks