

## REHABILITATION PROTOCOL: GLUTEUS MEDIUS/MINIMUS REPAIR

### □ Phase 1 (Weeks 0-6)

- Weight bearing for PARTIAL AND FULL THICKNESS TEARS: Toe touch weight bearing with crutches
- Brace: Hip brace to block abduction, adduction, internal/external rotation.
- Range of motion
  - NO ACTIVE abduction and internal rotation
  - NO PASSIVE adduction and external rotation
- Bike for 20 minutes/day (can be 2x/day)- if instructed by surgeon (if intra-articular hip procedure was also performed)
- Progression criteria: 6 weeks postoperative

### □ Phase 2 (Weeks 6-8)

- Weight bearing: As tolerated, discontinue crutch use
- Brace: Discontinue
- Range of motion
  - PROM: hip IR
  - AAROM: hip ER, abduction, adduction
  - AROM: hip flexion and extension
- Therapeutic exercises
  - Hip isometrics to begin at 6 weeks: extension and adduction
  - Quad sets, hamstring sets, lower abdominal activation

### □ Phase 4 (Weeks 8-12)

- Weight bearing: Full
- Range of motion: A/AA/PROM with no restriction
- Therapeutic exercises
  - Isometric to isotonic abduction
  - Isotonic quad and hamstring
  - Core strengthening
  - Initiate hip flexion and extension progression
  - Upright bike with resistance at 10 weeks
  - Elliptical training at 10 weeks
- Stretching: Manual hip flexion

### □ Phase 4 (Months 3-6)

- Weight bearing: Full
- Range of motion: A/AA/PROM with no restriction
- Therapeutic exercises
  - Endurance activities around the hip
  - Dynamic balance activities
  - Progressive LE and core strengthening
  - Plyometrics
  - Sport specific agility drills