



**Matthew Gotlin, MD**  
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**New York, NY 10021**

**REHAB PROTOCOL: Gluteus Medius Repair**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Begin therapy the day after surgery. Therapy should begin 1 time per week for first 6 weeks, then 2-3 times per week after discharged from brace and crutches at 6 weeks following surgery, unless instructed otherwise**

**General Guidelines and Precautions following surgery**

- Weight bearing: 2 crutches, 20 pounds flat foot weight bearing in brace for the first 6 weeks post op, unless instructed otherwise by AHI MD
- **ROM Restrictions**
  - **NO Active hip abduction and IR**
  - **NO Passive hip ER and adduction for the first 6 weeks post op**
  - Do not push through pain or pinching, gentle stretching will gain more ROM
- CPM 4 hours a day or stationary bike on zero resistance for 2 hours a day: **ONLY** for patients who have also had an arthroscopic procedure inside the hip joint
- General precautions: hip flexor tendonitis, trochanteric bursitis, synovitis, scar tissue
- Manage scarring around portal site

**Week 6 – end of week 7:**

- CPM for 4 hours/day or upright bike (no resistance) for 2 hours/day for patients who have had gluteus medius repair **AND** arthroscopy inside the hip joint
- ROM: **PROM hip IR; AAROM: hip ER, abduction, adduction; AROM: hip flexion, extension**
- Upright bike: **NO RESISTANCE** (must be pain-free, begin ½ circles, progress to full circles)
- Soft tissue mobilization: gentle to scar, hip flexor and ITB
- Gait training: weight bearing as tolerated
- **Discharged from brace and crutches at 6 weeks postop, unless otherwise instructed**
- Strength
  - Hip isometrics
    - Begin at 6 weeks: extension, adduction
    - Begin at 8 weeks: sub max, pain free hip flexion

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- Quad sets, hamstring sets, lower abdominal activation
- Modalities for pain control and swelling

### **Week 8 – end of week 9:**

- Continue with previous exercises
- Gait training: WBAT- work on symmetry
- ROM: **progress A/PROM in all directions**
- Upright bike: progress resistance as tolerated
- Soft tissue massage: PRN (scar, iliopsoas, TFL, ITB, piriformis, QL, lumbar paraspinals, adductors)
- Strength
  - Hip abduction: Isometrics to isotonic (see addendum for progression)
  - Progress isometric resistance
  - Quad and hamstring isotonic exercise
  - Quadruped rocking
- Stretching
  - Manual hip flexor stretching (gentle, no pain)
  - Modified Thomas position, or pillows under buttock
- Modalities PRN

### **Week 10 – end of week 11:**

- Gait: work on symmetry
- Continue with previous exercises
- ROM: Progress A/PROM in all directions
- Soft tissue massage: PRN (scar, iliopsoas, TFL, ITB, piriformis, QL, paraspinals, hip adductors, gluteus medius)
- Strength
  - Progress core strengthening
  - Initiate hip flexion and extension strengthening progression (see addendum)
  - Hip IR/ER using stool under knee (make sure to hold onto object for support).
  - Upright bike with resistance
- Begin Elliptical training
- Stretching: Manual and self hip flexor stretching
- Modalities PRN

### **Week 12 – end of week 13:**

- Gait: Normalize without assistive device
- ROM: progress A/PROM all directions
- Soft tissue massage: PRN (scar, iliopsoas, TFL, ITB, piriformis, QL, paraspinals, hip adductors, gluteus medius)
- Strength
  - Progress LE and core strength and endurance as able
  - Begin proprioception/balance activity (2 legs to 1 leg, stable to unstable)
  - Begin closed chain strengthening such as leg press
  - Side stepping with resistance band
  - Single leg squats, step-ups, lunges



- Stretching: manual and self hip flexor stretching
- Modalities for pain control, swelling

**Week 14 – end of week 15:**

- Gait: Normalize without assistive device
- ROM: progress A/PROM all directions
- Soft tissue massage: PRN (scar, iliopsoas, TFL, ITB, piriformis, QL, paraspinals, hip adductors, gluteus medius)
- Strength:
  - Progress LE and core strengthening
  - Increased emphasis on single leg strength moves
  - Unilateral leg press, hip hikes, eccentric step downs
- Progress balance and proprioception
- Stretching: Manual and self (hip flexor, hip adductors, glute, piriformis, TFL, ITB)

**Advanced Rehabilitation: week 16 – end of week 17:**

**Criteria for progression to this level:**

- Full ROM
- Pain-free, normal gait pattern
- Hip flexor strength 4/5 or better
- Hip abd, add, ext and IR/ER strength of 4+/5 or better

**Strength:**

- Progress core, hip, LE strength and endurance
- Lunges (multi angle)
- Plyometric progression (Must have good control with all exercises first)
- Forward/Backward running program (Must have good control with all exercises first)
- Agility drills (Must have good control with all exercises first)

**Stretching:** Progress self and manual stretches

**Precautions:**

- No contact activities until cleared by MD
- No forced (aggressive) stretching

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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