

Open Gluteus Medius Rehabilitation Protocol

General Guidelines:

Frequency of Physical Therapy:

- Home physical therapy evaluation if needed
- Outpatient physical therapy is initiated following 3-4 week follow up in office
- Seen 2x/week for weeks 6-12 post-operatively
- Seen 2-3x/week for weeks 12-18

Guidelines:

Weeks 0-6

- Hip ROM
 - Hip flexion as tolerated, abduction as tolerated
 - No ER greater than 10 degrees
 - No extension of the hip
 - No active abduction and IR x 6 weeks
 - No passive ER (4 weeks) or ADDuction(6 weeks)
 - Touch down flat foot weight bearing with crutches x 6 weeks
 - Log roll
 - Quadruped rocking for hip flexion
 - Gait training with assistive device
 - Hip Isometrics
 - Extension, ADDuction, ER at 2 weeks
 - Pelvic tilts

• Weeks 6-8

- Stationary Bike
- Continue with previous therapy exercises
- Supine bridges
- Quadriceps strengthening
- Progress core strengthening (avoid hip flexor tendonitis)
- Gait training: ok to progress to weight bearing to 100% by 8 weeks with crutches
- Progress with ROM
 - Passive hip ER/IR

• Weeks 8-10

- Continue previous therapy exercises
- Wean off crutches (2 >1 >0) without Trendelenburg gait / normal gait
- Progressive hip ROM
- Progress strengthening LE
 - Hip isometrics for abduction and progress to isotonic
 - 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 exercises
- 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
- 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

• **3-6 months Re-Evaluate (Criteria for discharge)**

- Hip Outcome Score
- Pain free or at least a manageable level of discomfort
- MMT within 10 percent of uninjured LE
- Biodex test of Quadriceps and Hamstrings peak torque within 15 percent of uninjured
- Step down test

Please feel free to contact the office if you have any other questions at 720-872-4822 or you may email Jordan Teboda, ATC at Jordan.Teboda@cuanschutz.edu.