



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

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- Balance board and single leg stance
- Bilateral cable column rotations
- Elliptical
- **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 uninvolved LE
 - Biodex test of Quadriceps and Hamstrings peak torque within 15 percent of uninvolved
 - Step down test