



Mid-America Orthopedics

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HIP PROCEDURE: Gluteus Medius/Minimus Repair (with/without bursectomy/ITB lengthening)

Precautions (6 weeks)

- WB restrictions: TTWB
- Controlled motion brace
- No hip flexion > 90 degrees and no adduction past neutral

Day 1 through 6 Weeks

- **BRACE: 0-90 DEG. FOR 6 WEEKS POST-OP**
- **ROM:**
 - Flexion: 0-90 deg
 - Extension: 0 by week 1
- **Exercises:**
 - PROM in pain-free ranges : flexion, extension, abduction, IR/ER at 90 deg flexion
 - AAROM hip flexion and extension within ROM precautions
 - Isometrics: Quads, Glut max, adductors
 - Initiate hip abduction and ER isometrics at week 6
 - Prone hamstring curls
 - SLR flex

6-8 Weeks

- May D/C brace
- Progress to full weight bearing, 25% WB increase every 2-3 days as long as non-painful
- **ROM:**
 - Progress to full PROM and AROM in all directions
- **Exercises:**
 - Recumbent/upright bike
 - Low Level Total Gym Squats/Calf Raises
 - May begin abduction, extension, and IR/ER isotonic
 - Forward/lateral step-up

- Balance/stability progressions

8-12 Weeks

- **ROM:**
 - Maintain full AROM/PROM and progress through multidirectional end-range movements as required for vocational/recreational activities.
- **Exercises:**
 - Continue progressive LE/core strength and stability
 - Begin to address multiplane movements
 - Jog/running progressions can be initiated at week 12 if patient demonstrates:
 - Full, pain-free ROM
 - >80% quadriceps/hamstring/hip strength
 - Proper mechanics with step-down/single-leg squat
 - Return to full activity at 3-6 months with physician clearance and return to sport testing

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.