

GLUTEUS MEDIUS POSTOPERATIVE REHABILITATION PROGRAM

Phase 1-Immediate Rehabilitation (1-6 weeks):

Goals:

- Protection of the repaired tissue
- PROM within guidelines
- Independent ambulation with assistive devices
- Stairs with minimal assist
- Diminish pain and inflammation

Precautions:

- 20 lb. heel-touch weight-bearing post-op x 6 weeks (complete), 4 weeks (partial)

Initial Exercises

- PROM: within range limitations, pain free, within ROM guidelines.
- ROM Guidelines (pain free)
 - Flexion: 90° x 6 weeks
 - Ext: 0° x 6 weeks
 - Abd: passive 25-30° x 6 weeks
 - Add: No adduction past Neutral
 - IR/ER: Within 30°
- Quad sets
- Seated Calfraises
- STM (soft tissue mobilization)
- Upper body strengthening
 - rotator cuff, scapula stabilizers
- Core strengthening
 - Isometric core

Phase 2 -Intermediate Rehabilitation (6-10 weeks)

Goals:

- Protection of the repaired tissue
- Begin weight bearing with transition to full WBAT
- Restore normal gait pattern without assistive devices
- Begin gentle gluteus medius strengthening

Precautions:

- No forced (aggressive) stretching of any muscles
- No forceful active abduction

Intermediate Exercises

- Gentle strengthening; ROM must come before strengthening
- Stationary bike no resistance, add resistance at 8 weeks
- Hooklying (supine hip/kneeflexed 45°) progression:* adduction isometric with kegel ball, isometric abduction. Double leg bridges.
- Prone progression:* Hamstring curls, plank.
- Sidelying progression:* clams 30 deg hip flexion to 60 deg hip flexion, straight leg hip abduction with assistance.
- Balance progression: double leg to single leg balance
- Quad extension/HS curls - isokinetic
- Pelvic floor strengthening

- Core strengthening. Emphasis on isometric core.
- Slide board: hip abduction / adduction, extension, IR/ER. No forced abduction. Stop short of any painful barriers.

Phase 3-Advanced Rehabilitation {10-16 weeks}

Criteria for progression to Phase 3:

- Full ROM
- Pain free normal gait pattern without assistive device
- Hip abd, add, ext, and IR/ER strength of 4+/5

Goals:

- Full Restoration of muscular strength and endurance
- Full Restoration of patient's cardiovascular endurance
- Emphasize gluteus medius strengthening in weight bearing**

Precautions:

- No forced (aggressive) stretching

Exercises:

- Core stabilization progression
- Single leg stance
- Single leg squat
- Side laying abduction without assist, straight leg.
- Continue progressions of exercises in phase II.