

Gluteus Medius Repair and Gluteus Maximus Transfer (Dr. Bokshan)

General Guidelines:

- Normalize gait pattern with crutches/walker
- WBAT with assistive device

Rehabilitation Goals:

- Seen post op day 3-5
- 1/week for 4 weeks
- 2-3/week for 6 weeks+

Precautions:

- Hip flexor tendonitis
- Trochanteric bursitis
- Synovitis
- Manage scarring around portal sites
- Flexion ROM <90 degrees
- 6 weeks avoid: passive adduction and ER, active abduction and IR

Weeks 0-4

- PT EVAL 3-5 days post op
 - Remove surgical bandages and cover incisions with gauze + Tegaderm- OK to shower when covered
 - Exception: do not remove Aquacel bandages
- Bike for 20 min/day (can be 2x/day)
- Hip PROM
 - Hip flexion to 90 degrees
 - Abduction as tolerated
 - 6 weeks avoid: passive adduction and ER, active abduction and IR
- Gait training with assistive device
 - Progress away from assistive device as tolerated with proper gait pattern
- Exercises:
 - Hip isometrics (extension, adduction, ER)
 - Hamstring isotonic
 - Pelvic tilts
 - Quadruped rocking for hip flexion
 - Modalities PRN

Weeks 4-6

- Progress hip flexion past 90 deg
- Scar massage
- Exercises:
 - Supine bridges
 - Avoid adduction past neutral
 - Isometric abduction (should be pain-free)
 - Progress core strength (avoid hip flexor tendonitis)
 - Progress hip strengthening
 - Start isometric sub max pain free hip flexion (3-4 weeks)

- Quadriceps and hamstrings strengthening
- Aquatic therapy with closed incisions

Weeks 6-10

- Pelvic control in gait without assistive device
- Prone posterior-anterior glides with rotation
- Hip joint mobilization with belt PRN (lateral and inferior with rotation)
- Exercises:
 - Progress core strength, avoid hip flexor tendonitis
 - DL squat
 - Leg press
 - Forward and lateral step ups
 - **At 8 weeks:**
 - Single leg balance/proprioception
 - Bilateral cable column rotations
 - Elliptical

Weeks 10-12

- Hip flexor, glute/piriformis, IT-band stretching- manual & self
- Hip PREs and hip machine
- Unilateral leg press
- Unilateral cable column rotations
- Hip hiking
- Step downs
- Progress balance and proprioception
- Side stepping with TheraBand

Weeks 12+

- Endurance activities around the hip
- Dynamic balance activities
- Running program
- Sport-specific agility drills and plyometrics
- MMT within 10% of uninvolved LE- Tindeq or hand-held dynamometry (as available)
- Return to Sport Battery www.conehealth.com/orthocare/resources/#rehab

Months 3-6 Re-evaluation (criteria for discharge)

- Hip outcome score
- Pain-free or at least a manageable level of discomfort
- Biodex (if available) test of quadriceps and hamstrings, peak torque within 15% of uninvolved
- Single leg triple hop for distance (85% or greater of uninvolved side)
- Step down test