

Gluteus Medius Repair with or without labral debridement (Dr. Bokshan)

General Guidelines:

- Normalize gait pattern with crutches
- Brace to sleep
- PWB unless otherwise specified in operative note

Rehabilitation Goals:

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

Precautions:

- PWB unless otherwise specified by operative note
- Hip flexor tendonitis
- Trochanteric bursitis
- Synovitis
- Manage scarring around portal sites
- Increase ROM focusing on flexion
- Avoid until 6 weeks: passive adduction and ER, active abduction and IR

Weeks 0-4

- Bike for 20 min/day (can be 2x/day)
- Scar massage
- Hip PROM
 - Hip flexion to 90 degrees
 - Abduction as tolerated
- Gait training with assistive device
 - Progress WB at 2 weeks if cleared by MD
- Exercises:
 - Hip isometrics (extension, adduction, ER)
 - Hamstring isotonic
 - Pelvic tilts
 - NMES to squads with SAQ
 - Quadruped rocking for hip flexion
 - Modalities PRN

Weeks 4-6

- Progress hip flexion past 90 deg
- Scar massage
- Exercises
 - Supine bridges
 - Isotonic adduction
 - 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 strengthening
- Standing TKE
- Aquatic therapy in shallow water

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:
 - Supine log rolling -> stool rotation -> standing on BAPS
 - Progress core strength, avoid hip flexor tendonitis
 - DL squat
 - Leg press
 - Calf raises
 - Standing 4-way hip
 - Forward and lateral step ups
 - Hip rotation in pain-free range on stool
 - **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
- Treadmill side stepping from level surface holding on, progressing to inclines
- Side stepping with theraband
- Hip hiking on stairmaster (week 12)

Weeks 12+

- Endurance activities around the hip
- Dynamic balance activities
- Running program
- Sport-specific agility drills and plyometrics

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

- Hip outcome score
- Pain-free or at least a manageable level of discomfort
- MMT within 10% of uninvolved LE
- Biodex test of quadriceps and hamstrings, peak torque within 15% of uninvolved
- Single leg cross-over triple hop for distance (85% or greater of uninvolved side)
- Step down test