



## Hip Open Gluteus Medius/Minimus Tendon Repair Post-Operative Guidelines

### General Weight-Bearing Precautions

- 20 lb. flat-foot weight bearing with crutches/walker for weeks 0-6, then slowly advance to WBAT

### Weeks 1-4

- Bike for 20 minutes/day (can be 2x/day)
- Scar massage
- Gait training with assistive device
- Hip PROM
  - Hip flexion to 90 degrees, abduction as tolerated
  - No active abduction and IR
  - No passive ER or adduction (until 6 weeks)
- Quadruped rocking for hip flexion
- Hip isometrics
  - Extension, adduction, ER at 2 weeks
  - Hamstring isotonic
  - Pelvic tilts
  - NMES to quads with SAQ

### Weeks 4-6

- Continue with previous therapy
- Gait training with assistive device
  - 20 pounds flat-foot through 6 weeks
- Progress with passive hip flexion greater than 90 degrees
- Supine bridges
- Isotonic adduction
- Progress core strengthening (avoid hip flexor tendonitis)
- Progress with hip strengthening
  - Start isometric sub max pain free hip flexion (3-4 wks)
- Quadriceps strengthening
- Aqua therapy in low end of water



## **Hip Open Gluteus Medius/Minimus Tendon Repair Post-Operative Guidelines**

### **Weeks 6-8**

- Continue with previous therapy
- Gait training: increase WBing to 100% by 8 weeks with crutches
- Progress with ROM
  - Passive hip ER/IR
- Supine log rolling
  - Stool rotation
  - Standing on BAPS
- Hip Joint mobs with mobilization belt (if needed)
- Lateral and inferior with rotation
  - Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)

### **Weeks 8-10**

- Continue previous therapy
- Wean off crutches (2 → 1 → unassisted)
- 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
- Balance board and single leg stance
- Bilateral cable column rotations
- Elliptical



## **Hip Open Gluteus Medius/Minimus Tendon Repair Post-Operative Guidelines**

### **Weeks 10-12**

- Continue with previous therapy
- 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
  - Treadmill side stepping from level surface holding on progressing to inclines
  - Side stepping with theraband
- Hip hiking on stairmaster (week 12)

### **>12 weeks**

- 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