

**PHYSICAL THERAPY PROTOCOL: Hip Gluteus Medius Repair (w/ or w/out labral debridement)**

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Signed: \_\_\_\_\_

**Frequency: 2-3 times per week x 12 weeks**

**Phase 1 → 0-4 Weeks Post-Op**

- Partial weight bearing, 20 lbs for 6 weeks with walker

Range of motion:

- PROM
  - o Hip flexion to 90 degrees, abduction as tolerated
  - o No active abduction and IR
  - o No passive ER or adduction for 6 weeks

Exercises:

- Bike for 20 minutes/day, can be 2x/day
- Quaddruped rocking for hip flexion
- Hip isometrics → extension, adduction, ER at 2 weeks
- Pelvic tilts
- NMES to quads with SAQ

Modalities per PT discretion

**Phase 2 → 4-6 Weeks Post-Op**

- Weight bearing 20 lbs through 6 weeks, gait training PWB with walker
- Progress passive hip flexion past 90 degrees

Exercises:

- Continue previous phase exercises
- Supine bridges
- Isotonic adduction
- Progress core strengthening (avoid hip flexor tendonitis)
- Progress hip strengthening
  - o Start isometric sub max pain free hip flexion (3-4weeks)
  - o Quadriceps strengthening
- Aqua therapy in low end of pool

Modalities per PT discretion

### **Phase 3 → 6-8 Weeks Post-Op**

- Increase weight bearing to full by 8 weeks with crutches

#### Exercises:

- Continue previous phase exercises
- Progress ROM, passive hip ER/IR
- Supine log rolling → Stool rotation → Standing on BAPS
  - o Hip joint mobs with mobilization belt if needed
- Lateral and inferior rotation
- Prone posterior-anterior glides with rotation
  - o Progress core strengthening (avoid hip flexor tendonitis)

### **Phase 4 → 8-10 Weeks Post-Op**

- Wean off crutches

#### Exercises:

- Continue previous phase exercises
- Progress hip ROM
- Progress strengthening LE
  - o Hip isometrics for abduction and progress to isotonics
  - o Leg press (bilateral LE)
  - o Isokinetics: knee flexion/extension
- Progress core strengthening
- Begin proprioception/balance
  - o Balance board and single leg stance
- Bilateral cable column rotations
- Elliptical

### **Phase 5 → 10-12 Weeks Post-Op**

#### Exercises:

- Continue previous phase exercises
- Progress hip ROM
- Progress strengthening LE and core
  - o Hip PREs and hip machine
  - o Unilateral leg press, Unilateral cable column rotations
  - o 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 (week12)

### **Phase 5 → 12 Weeks Post-Op**

#### Exercises:

- Progress hip ROM and stretching, progress LE and core strengthening
- Endurance activities around the hip
- Dynamic balance activities
- Treadmill running program
- Sport specific agility drills and plyometrics
- D/C criteria (3-6 months)
  - o Hip outcome score, pain free or manageable level of discomfort, MMT within 10% of non-op limb, biodex test of quad and hamstrings peak torque within 15% of non-op limb, single leg cross-over triple hop for distance: (less than 85% is abnormal), step down test