

HIP

Gluteus Medius/Minimus Repair

Surgery Date: _____

Progressions are time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. A review of the operative note and communication of any concerns with the referring physician is encouraged. Use of allowed visits should consider overall insurance limitations. When limitations are present, spread visits out over time to ensure that the patient can optimally complete rehab program with return to appropriate activities.

Phase I (Weeks 0 – 6): Immediate Postoperative / Period of Protection

Weight Bearing

- Toe-touch weight bearing with crutches x 6 weeks
- Hip abduction brace (if used per surgeon preference)

Range of Motion

- Passive hip flexion to 90° as tolerated
- No active hip abduction for 6 weeks
- No hip adduction past neutral for 6 weeks
- No internal rotation past neutral for 6 weeks

Exercise

- Ankle pumps, quad sets, gluteal sets (no abduction)
- Gentle knee ROM
- Upper body exercises as tolerated

Precautions

- No active hip abduction x 6 weeks
- No side-lying on operative side x 6 weeks
- No crossing legs

Phase II (Weeks 6 – 12): Transitional Phase

Weight Bearing

- Progress to full weight bearing, wean crutches

Range of Motion

- Progress to full hip ROM as tolerated

Exercise

- Begin active hip abduction (gravity eliminated to against gravity)
- Begin closed chain exercises (mini squats, step-ups)
- Stationary bike
- Pool therapy if available
- Gait training, normalize gait pattern

Phase III (Weeks 12 – 16): Strengthening Phase

Exercise

- Progress hip abductor strengthening (bands, weights)
- Single leg balance and proprioception
- Progressive closed chain exercises
- Begin gentle jogging on flat surfaces (when cleared)

Phase IV (Weeks 16 – 24+): Return to Activity

Exercise

- Advance strengthening as tolerated
- Sport/work specific functional training
- Progressive running program

Return to Activity

- Return to full activities at 4–6 months with physician clearance
- Impact sports may require 6+ months