ORTHOPEDIC & SPORTS MEDICINE CENTER
The Strength of Experience

Post-operative Rehabilitation Protocol
Gluteal Repair

PHASE 1 (weeks 0 to 4)

- Partial weight bearing (25%) with crutches (will increase to 50% at first post-op visit with goal to wean at 6 to 8 weeks)
- Brace as indicated based on severity of the tear
- Gentle PROM
  - Hip flexion to 90 for 4 weeks gradually increasing afterwards
  - Hip abduction as tolerated
  - Hip extension to neutral
- Upright stationary bicycle with no resistance (push with non-op leg)
- Joint mobilization
- Soft tissue mobilization (gentle scar massage and hip flexor massage)
- Gait / Crutch training
- Strengthening
  - Hip isometrics in extension and adduction
  - Quad sets, hamstring sets, lower abdominal activation
- RESTRICTIONS
  - No active hip abduction or internal rotation
  - No passive hip adduction, external rotation, or internal rotation

PHASE 2 (weeks 4 to 8)

- Advance weight bearing gradually to tolerance by 6 weeks
- Advance ROM
  - Active assisted hip abduction or internal rotation (start slowly)
  - PROM external/internal rotation and adduction to neutral (gradual, let pain be guide)
  - AROM hip flexion (avoid hip flexor tendonitis)
- Stationary bicycle
- Joint mobilization and soft tissue massage
- Strengthening
  - Progress isometric resistance
  - Quad/hamstring isotonic exercises
  - Quadraped rocking
  - Core
  - Supinebridge
  - Prone hip extension
- Stretching

  - Manual hip flexor stretching
  - Modified Thomas position
- Gait training / Crutch weaning

PHASE 3 (weeks 8 to 12)
- Weight bearing as tolerated
- Normalize gait, work on symmetry
- Advance ROM
  - Progress PROM as tolerated
  - Start active abduction and internal rotation
- Strengthening
  - Progressive lower extremity and core strengthening as tolerated
  - Eccentric step downs
  - Side stepping (no bands)
  - Balance and proprioception
- Stretching
  - Manual and self-directed hip flexor, adductor, glutes, piriformis, ITB, TFL

PHASE 4 (after week 12)
- Resisted abduction and internal rotation
- Progress core, hip, LE, strength, and endurance
- Lunges
- Plyometric progression
- Stretching
- Return to prior level of function