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## **Post-operative Rehabilitation Protocol**

### **Gluteal repair**

#### **Phase 1 (weeks 0 to 4)**

- Partial weightbearing (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
  - o hip flexion to 90 for 4 weeks gradually increasing afterwards
  - o hip abduction as tolerated
  - o 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
  - o Hip isometrics in extension and adduction
  - o Quad sets, hamstring sets, lower abdominal activation
- RESTRICTIONS
  - o No active hip abduction or internal rotation
  - o No passive hip adduction, external rotation, or internal rotation

#### **Phase 2 (weeks 4 to 8)**

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

- Gait training / Crutch weaning

### **Phase 3 (weeks 8 to 12)**

- Weightbearing as tolerated
- Normalize gait, work on symmetry
- Advance ROM
  - o Progress PROM as tolerated
  - o Start active abduction and internal rotation
- Strengthening
  - o Progressive lower extremity and core strengthening as tolerated
  - o Eccentric step downs
  - o Side stepping (no bands)
  - o Balance and proprioception
- Stretching
  - o 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