

**Post-operative Rehabilitation Protocol****Hip Gluteal Tendon Repair****Phase 1 (0-2 weeks post op):**

Goals	<ul style="list-style-type: none">• Protect repair• Control post-operative pain, inflammation, and swelling• Emphasis on compliance to HEP and WB precautions/restrictions
Brace/Precautions/ Crutch Use	<ul style="list-style-type: none">• Weight bearing:<ul style="list-style-type: none">○ 25% partial weight-bearing with crutches○ Gait/crutch training if needed• Brace as indicated based on severity of tear
Range of Motion	<ul style="list-style-type: none">• Gentle PROM<ul style="list-style-type: none">○ Hip flexion to 90°○ Hip abduction as tolerated○ Hip extension to neutral• No passive hip adduction, external rotation, or internal rotation• No active hip abduction or internal rotation
Strengthening	<ul style="list-style-type: none">• Upright stationary bike with no resistance – push pedal with non-op leg• Joint mobilization• Soft mobilization (gentle scar massage and hip flexor massage)• Hip isometrics in extension and adduction• Quad sets, hamstring sets• Lower abdominal activation
Home Instructions	<ul style="list-style-type: none">• Keep surgical dressings clean and dry• Change surgical bandages on the 2nd day after surgery (keep covered until first clinic visit)• Avoid getting sutures wet until at least 5 days after surgery (do not scrub, soak, or submerge the incisions)• Note DVT (blood clot) prophylaxis medications provided by your surgeon to take following surgery – follow those instructions carefully

Phase 2 (2-6 weeks post op):

Goals	<ul style="list-style-type: none">• Control pain and inflammation• Promote healing• Continue with physical therapy and range of motion
Brace/Precautions/ Crutch Use	<ul style="list-style-type: none">• 50% weight-bearing with crutches• Advance weight-bearing gradually with goal to wean off crutches at week 6-8<ul style="list-style-type: none">○ Gait training/crutch weaning
Range of Motion	<ul style="list-style-type: none">• Slowly advance ROM as tolerated• Active-assisted hip abduction/internal rotation• PROM external/internal rotation and adduction to neutral• AROM hip flexion

Strengthening	<ul style="list-style-type: none"> • Continue as above • Progress to isometric resistance • Core stabilization and strengthening exercises
Home Instructions	<ul style="list-style-type: none"> • Restore normal activities of daily living
Suggested Exercises	<ul style="list-style-type: none"> • Continue Phase 1 exercises as appropriate • Quad/hamstring isotonic exercises • Quadruped rocking • Supine bridges • Prone hip extension • Include stretching <ul style="list-style-type: none"> ○ Manual hip flexor stretching ○ Modified Thomas position

Phase 3 (6-12 weeks post-op):

Goals	<ul style="list-style-type: none"> • Normalize gait, work on symmetry • Advance ROM • Continue pain and inflammation control
Precautions	<ul style="list-style-type: none"> • Weight-bearing as tolerated (wean by week 8 if not yet done)
Range of Motion	<ul style="list-style-type: none"> • Progress PROM as tolerated • Start active hip abduction and internal rotation
Strengthening	<ul style="list-style-type: none"> • Progress lower extremity and core strengthening as tolerated
Home Instructions	<ul style="list-style-type: none"> • Restore normal activities of daily living • Progress slow walking on level surfaces
Suggested Exercises	<ul style="list-style-type: none"> • Continue from phase 2 • Eccentric step downs • Lateral walks, side stepped – no bands • Balance and proprioception – start bilaterally • Continue stretching – manual and self-directed <ul style="list-style-type: none"> ○ Hip flexor ○ Adductor ○ Glutes ○ Piriformis ○ ITB ○ TFL

Phase 4: after 12 weeks post-op

Goals	<ul style="list-style-type: none"> • Full range of motion • Work towards normalizing gait • Return to normal ADLs and prior level of function
Precautions	<ul style="list-style-type: none"> • Pain with therapeutic exercise & functional activities

Range of Motion	<ul style="list-style-type: none"> • Progress to full active ROM • Resisted abduction and internal rotation
Strengthening	<ul style="list-style-type: none"> • Gradually progress strengthening of hip abductors/adductors • Continue to advance LE strengthening and flexibility • Advance core stability and strength
Home Instructions	<ul style="list-style-type: none"> • Maintain normal activities of daily living • Normalize gait
Suggested Exercises	<ul style="list-style-type: none"> • Continue to advance LE strengthening, flexibility with exercises in phase 3 • Focus on gait normalization • Lunges • Plyometrics • Balance and proprioception progression to single leg as tolerated • Advance core stability • Continue stretching