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Post-Operative Protocol

Patient Name: _____ Date: _____

Diagnosis: Open gluteus medius repair

Date of Surgery: _____

____ Evaluate and Treat

____ Provide patient with home exercise program

-Weeks 1-4

- Bike for 20 minutes/day (can be 2x/day)
- Scar massage
- Hip PROM
 - Hip flexion to 90 degrees, abduction as tolerated
 - No active abduction and IR
 - No passive ER or adduction (6 weeks)
- Quadruped rocking for hip flexion
- Gait training PWB with assistive device
- Hip isometrics –
 - Extension, adduction, ER at 2 weeks
- Hamstring isotonic
- Pelvic tilts
- NMES to quads with SAQ
- Weight bearing 50% with crutches/walker

-Weeks 4-6

- Continue with previous therapies
- Gait training PWB with assistive device
 - 50% WB through 6 weeks
- Progress with passive hip flexion greater than 90 degrees
- Supine bridges
- Isotonic adduction
- Progress core strengthening (avoid hip flexor tendonitis)
- Progress with hip strengthening
 - Start isometric sub max pain free hip flexion (3-4 wks.)
- Quadriceps strengthening
- Aqua therapy in low end of water

-Weeks 6-8

- Continue with previous therapies
- Gait training: increase WBing to 100% by 8 weeks with crutches
- Progress with ROM



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- Passive hip ER/IR
- Supine log rolling
 - Stool rotation
 - Standing on BAPS
 - Hip Joint mobs with mobilization belt (if needed)
- Lateral and inferior with rotation
 - Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)
- Wean off crutches/walker as tolerated

-Weeks 8-10

- Continue previous therapies
- Continue to Wean off crutches, gait training
- Progressive hip ROM
- Progress strengthening LE
- Hip isometrics for abduction and progress to isotonic
- Leg press (bilateral LE)
- Isokinetic: knee flexion/extension
- Progress core strengthening
- Begin proprioception/balance
- Balance board and single leg stance
- Bilateral cable column rotations
- Elliptical

-Weeks 10-12

- Continue with previous therex
- Progressive hip ROM
- Progressive LE and core strengthening
- Hip PREs and hip machine
- Unilateral Leg press
- Unilateral cable column rotations
- Hip Hiking
- Step downs
- Hip flexor, glute/piriformis, and It-band Stretching – manual and self
- Progress balance and proprioception
 - Bilateral
 - Unilateral
 - Foam
 - Dynamics
 - Treadmill side stepping from level surface holding on progressing to inclines
 - Side stepping with theraband
- Hip hiking on stairmaster (week 12)



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-Greater than 12 weeks

- Progressive hip ROM and stretching
- Progressive LE and core strengthening
- Endurance activities around the hip
- Dynamic balance activities
- Treadmill running program
- Sport specific agility drills and plyometric

_____ Other:

_____ Modalities

_____ Electric Stimulation _____ Ultrasound _____ Heat before/Ice after

_____ May participate in aqua therapy

Frequency: _____ x/ week x _____ weeks

Signature: _____