



Hip Arthroscopy – Gluteus Medius Repair Protocol

Precautions:

- Consistent use of night splint for 1 week
- **ROM Restrictions:** Hip flexion to 90° for **4 weeks**, No ADD > neutral for **6 weeks**, No IR with hip flexed for **6 weeks**
- No active ABD, ER or IR for **4 weeks**
- No single leg stance for **4 weeks**
- FWB No sooner than **5 weeks**
- No reciprocal stair ambulation before **Week 9**

Weight bearing (WB) Progression:

- TDWB immediately post-op
- **At 2 weeks**, progress to 50% WB
- **At 4 weeks**, progress to 75% WB and wean to **FWB when following criteria are met:** Controlled pain, non-antalgic gait pattern, normal pelvofemoral mechanics
- *The use of one crutch is discouraged in most cases. If necessary, please discuss with referring physician.*

❖ **Aquatic therapy** may be initiated at 2 weeks post-op, pending incision healing.

WEEK 0-1

IMMEDIATE POST-OPERATIVE

- Ankle Pumps
- Quad Sets, Heel Digs, Glut Sets, Isometric hip ADD
- Curl-up
- Standing on uninvolved leg**, surgical leg performs hip extension and flexion (marching) to 90°
- Standing or prone hamstring curl
- Stationary Bike or CPM
- Passive ROM- knee extended IR, ABD, flexion to 90

WEEK 2-5

WB PREPARATION & PROGRESSION

- Mini squats
- Calf raises
- Bridge (Add ball squeeze, unstable surface, stability ball to increase difficulty- No single leg until week 10)
- LAQ, SAQ
- Hip ABD isometrics
- Prone ER isometrics
- Quadruped rocking (week 4)
- Standing ABD (week 4)

WEEK 6-9

NORMALIZING GAIT/RETURN TO ADLS

- Clamshell
- Prone IR/ER
- Forward step/mini lunge
- Leg extension, HS curl Weight machines
- ITB, piriformis, hamstring, hip flexor stretches
- Lateral side stepping (week 8)
- Step up/step down (week 8)



WEEK 10-15 ADVANCED STRENGTHENING

- Elliptical
- Side plank
- Lateral side stepping
- Unilateral Bridging
- Lateral lunge
- Leg Press

WEEK 16+

- Functional progression as appropriate for patient