



## THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Sports Medicine

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### Arthroscopic/Open Gluteus Medius Repair

Name: \_\_\_\_\_

Date: \_

#### Weeks 1-4

- **RESTRICTIONS**
  - 20lb foot flat Weight Bearing
  - No Hip Adduction past midline
- **BRACE:**
  - Hip abductor brace at 30\* of abduction when out of bed
  - Hip Abduction Pillow while in bed.
- Hip PROM (6 weeks)
  - Hip flexion to 90 degrees, abduction as tolerated
  - **No active abduction and IR**
  - No passive ER or adduction
- Bike for 20 minutes/day (can be 2x/day)
- Scar massage
- 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

#### Weeks 5-6

- **RESTRICTIONS**
  - 20lb foot flat Weight Bearing
  - No Hip Adduction past midline
- **BRACE:**
  - Week 5: Hip abductor brace at 15\* of abduction when out of bed
  - Week 6: Hip abductor brace at 0\* of abduction when out of bed
  - **Discontinue Hip Abduction Pillow**
- Continue with previous therapy
- Hip PROM (6 weeks)
  - Hip flexion to 90 degrees, abduction as tolerated
  - **No active abduction and IR**
  - No passive ER or adduction
- 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



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### Weeks 6-8

- Continue with previous therapy
- Gait training: increase Weight bearing to 100% by 8 weeks with crutches
- Progress with ROM
- Passive hip ER/IR
- Supine log rolling → Stool rotation → Standing BAPS
- Hip Joint mobilization with mobilization belt (if needed)
- Lateral and inferior with rotation
- Prone posterior-anterior glides with rotation
- Progress core strengthening (avoid hip flexor tendonitis)

### Weeks 8-10

- Continue previous therapy
- Wean off crutches (2 → 1 → 0)
- Progressive hip ROM
- Progress strengthening LE
- Hip isometrics for abduction and progress to isotonic
- Leg press (bilateral LE)
- Isokinetics: 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 therapy
- 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 ☐ dynadisc
- Treadmill side stepping from level surface holding on progressing to inclines
- Side stepping with theraband
- Hip hiking on stairmaster (week 12)

### >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 plyometrics

### Other:

Modalities  Electric Stimulation  Ultrasound  Heat before/after  Ice before/after

May participate in aquatherapy with waterproof dressing starting POD#5.

Frequency: 1-2x per week for weeks 1-6  
2-3x per week for weeks 6-10  
2x per week for weeks 10-12  
1x per week for weeks >12 as benefits allow.

Signature: \_\_\_\_\_

*Scott C. Faucett*