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REHABILITATION PROTOCOL – ARTHROSCOPIC GLUTEUS MEDIUS/MINIMUS REPAIR

Phase I (0-4 weeks)

Goals:

- Prevent muscular inhibition
- Protect integrity of repair
- Restore ROM

Weight Bearing: 20% with normal gait pattern

ROM: Limit to 0-90° flexion; CPM machine or stationary bike no resistance (2-4 hours/day)

Precautions:

- No active abduction, passive adduction
- No single leg stance
- No passive IR with hip flexed

Exercises:

- Ankle pumps, quad sets, glute sets, hamstring sets, pelvic tilts
- Heel slides, Isometric hip adduction
- Supine hip IR/ER with knee extended
- Scar massage
- Quad sets, hamstring sets, straight leg raises, ankle pumps
- Weeks 2-6: Patella mobilization, quad/hamstring/gluteal sets, SLRs, side-lying hip, core

Phase II (4-8 weeks)

Goals:

- Restore functional ROM with abduction, flexion, extension, ER
- Normalize gait pattern
- Increase strength

Weight Bearing: 50% with normal gait pattern. Advance to 100% between 6-8 weeks

ROM: Full

Exercises:

- Continue as above
- Core exercises
- Stationary bike with minimal resistance and high seat
- Supine active hip abduction; standing active hip abduction
- Supine active hip flexion; straight leg raises

Phase III (8-12 weeks)

Goals:

- Improve strength, proprioception, endurance
- Normalize gait

Weight Bearing: As tolerated

ROM: Full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings (wall sits, mini-squats, toe raises)
- Side-lying active hip abduction and prone hip extension
- Hip flexor, glute/piriformis, IT band stretching
- Prone active IR/ER
- Standing hip abduction and extension with theraband resistance standing on uninvolved side at 10 weeks
- Stairmaster, elliptical
- Leg press
- Proprioception exercises (balance board, single leg stance)

Phase IV (12-16 weeks):

Weight Bearing: As tolerated

ROM: Full

Exercises:

- Continue as above
- Single leg stance
- Four ways hip theraband resistance standing on uninvolved side
- Side-lying hip abduction, ER
- Lunges
- Aquajogging, stairmaster
- Elliptical, stationary bike
- After 30 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

Phase V (Post 16 weeks)

Weight Bearing: As tolerated

ROM: Full

Exercises:

- Continue as above
- Progression to running
- Plyometrics; progress to double leg multiplanar and single leg multiplanar
- Agility work
- Return to sport exercises at 20 weeks if cleared by Dr. Welch