

PT PROTOCOL

Gluteus Medius / Minimus Repair

Rehabilitation Protocol

Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing status may be modified if a concomitant intra-articular hip procedure (e.g., labral repair, osteoplasty) was performed. Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Brace / precautions: _____

1

Weeks 0–6

Protect repair; brace, toe-touch WB, restricted active abduction/IR

2

6–8 Weeks

Discontinue brace/crutches; progress ROM, begin isometrics

3

8–12 Weeks

Full WB/ROM; isometric→isotonic abduction, core strengthening

4

Months 3–6

Endurance, balance, plyometrics, sport-specific agility

Milestones above are goals, not guarantees; progression is criterion-based.

Phase 1 Weeks 0–6

Weight-Bearing: Toe-touch weight-bearing with crutches (partial- and full-thickness tears alike). **Brace:** Hip brace to block abduction, adduction, and internal/external rotation.

Range of Motion

- No active abduction or internal rotation.
- No passive adduction or external rotation.
- No hip flexion beyond 90°; no adduction past neutral (0°).

Therapeutic Exercises

- Stationary bike, 20 minutes/day (may split into 2 sessions/day), if instructed by the surgeon (indicated when a concomitant intra-articular hip procedure was also performed).

Progression criteria: 6 weeks postoperative.

Phase 2 Weeks 6–8

Weight-Bearing: As tolerated; discontinue crutches. **Brace:** Discontinue.

Range of Motion

- PROM: hip internal rotation.
- AAROM: hip external rotation, abduction, adduction.
- AROM: hip flexion and extension.

Therapeutic Exercises

- Hip isometrics begin at 6 weeks: extension and adduction.
- Quad sets, hamstring sets, lower abdominal activation.

Phase 3**Weeks 8–12**

Weight-Bearing: Full.

Range of Motion

- Active, active-assisted, and passive range of motion with no restriction.
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Therapeutic Exercises

- Hip abduction: isometric progressing to isotonic.
- Isotonic quadriceps and hamstring strengthening.
- Core strengthening.
- Initiate hip flexion and extension strengthening progression.
- Upright bike with resistance at 10 weeks; elliptical training at 10 weeks.
- Stretching: manual hip flexor stretch.

Phase 4**Months 3–6**

Weight-Bearing: Full.

Range of Motion

- Active, active-assisted, and passive range of motion with no restriction.
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Therapeutic Exercises

- Endurance activities around the hip.
- Dynamic balance activities.
- Progressive lower-extremity and core strengthening.
- Plyometrics.
- Sport-specific agility drills.