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Gluteus (Medius/Minimus) Repair Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-4) Goals: <ul style="list-style-type: none"> Protect repair Normalize gait pattern with 2 crutches 	<ul style="list-style-type: none"> 20lb flat foot weight bearing x 6 weeks 	<ul style="list-style-type: none"> 0-90 x 6 weeks No active hip abduction and IR x 6 weeks No passive hip adduction and ER x 6 weeks 	<ul style="list-style-type: none"> Ankle pumps, quad sets, glute sets Isometrics 2x/day Quadrupled rocking, cat/camel
Phase 2 (week 5-6) Goals: <ul style="list-style-type: none"> Full ROM Increase strength 	<ul style="list-style-type: none"> 20lb weight bearing 	<ul style="list-style-type: none"> Advance passive hip flexion as tolerated Begin AAROM hip abd. No active hip abduction and IR x 6 weeks No passive hip adduction and ER x 6 weeks 	<ul style="list-style-type: none"> Continue as above Supine abduction slides Begin prone therapies (hip extensions, hamstring curls, pendulum) Begin bridging progression Stationary bike with minimal resistance
Phase 3 (week 6-8) Goals: <ul style="list-style-type: none"> Pain free weight bearing 	<ul style="list-style-type: none"> Wean from crutches Goal: full weight bearing by end of week 8 	<ul style="list-style-type: none"> Full A/PROM 	<ul style="list-style-type: none"> Add resistance to stationary bike Standing hip abduction Supine hip flexion SLR
Phase 4 (week 9-12) Goals: <ul style="list-style-type: none"> Pain free weight bearing 	<ul style="list-style-type: none"> Wean from crutches Goal: full weight bearing by week 9 	<ul style="list-style-type: none"> Full May begin capsular mobilization and stretching 	<ul style="list-style-type: none"> Advance strengthening, endurance, balance and proprioception Stairs and box step ups Begin elliptical machine Hip abduction isometrics and progress strengthening

<p>Phase 5 (week 12-16) Goals</p> <ul style="list-style-type: none"> • Return to functional activities 	<ul style="list-style-type: none"> • FWB 	<ul style="list-style-type: none"> • Full 	<ul style="list-style-type: none"> • Begin functional activity (hike, kick, throw) • Begin single leg squats • Sidelying ABD/ER (clam shell) w/theraband • 4-way standing hip with theraband
<p>Phase 6 (week 17+) Goals</p> <ul style="list-style-type: none"> • Return to sport progression 	<ul style="list-style-type: none"> • FWB 	<ul style="list-style-type: none"> • Full 	<ul style="list-style-type: none"> • Walk to jog if pain free • Typically 4-6 months to return to sports