



## TJ Ridley, MD

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### Gluteus (Medius/Minimus) Repair Rehabilitation Protocol

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

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