

Gluteus Tendon Repair

Jonathan M. Cooper, DO

Phone: 952-456-7617 | Fax: 952-456-7967

The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I (Weeks 0 – 6)	Phase II (Weeks 6 – 12)	Phase III (Weeks 12 – 16)	Phase IV (Weeks 16 – 24+)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • PWB (25-50#) with assistive device • Limit flexion to 90° passive • No active ABD or IR of the hip • No passive ADD or ER <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Swelling/Wound management • Gait Training • Modalities • NMES for quadriceps <p>EXAMPLE EXERCISES</p> <ul style="list-style-type: none"> • Hamstring isotonic • Pelvic tilts • Short arc quads <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • 6 weeks from surgery with appropriate pain control and no other concomitant procedures 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Progress to WBAT • Wean off crutches • Hip flexion to comfort after week 6 <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Work on normalizing gait • Scar mobilization when wound healed • Pool therapy when OK'ed by surgeon if indicated <p>EXAMPLE EXERCISES</p> <ul style="list-style-type: none"> • Hip joint mobs • Stationary bike without resistance • Hip isometrics • Core strengthening • Proprioceptive training <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • 10-12 weeks from surgery • Normal gait mechanics • Single leg stance control w/o UE support 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Watch for gait abnormalities • FWB • Strength training to have rest days between <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Manual therapy PRN • Modalities PRN <p>EXAMPLE EXERCISES</p> <ul style="list-style-type: none"> • Stationary biking with resistance • Daily stretching • CKC hip strengthening/squat progression • Progressive core strengthening • Side stepping with Theraband • Proprioception used in drills as able <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • Negotiate stairs normally • Restore limb confidence • Single leg stance control w/o UE support • Consider functional movement screen 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Symmetric strength for cutting/sports activities <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Manual therapy PRN • Modalities PRN <p>EXAMPLE EXERCISES</p> <p>16-18 weeks</p> <ul style="list-style-type: none"> • Multiple plane stretching • Advance CKC strengthening progression to single leg • Maximize core, hip and lower extremity strengthening • Sport specific and plyometric drills <p>18-24+ weeks</p> <ul style="list-style-type: none"> • Functional movement testing and address movement faults found • Running: initiate walk-jog program • Home program for continued strengthening and fitness <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • Return to sport or heavy work cleared by MD • > 90% of limb symmetry on Functional Testing

Revised 3/2021