REHABILITATION PROTOCOL: GLUTEUS MEDIUS/MINIMUS REPAIR

- **Phase 1 (Weeks 0-6)**
  - Weight bearing for PARTIAL AND FULL THICKNESS TEARS: Toe touch weight bearing with crutches
  - Brace: Hip brace to block abduction, adduction, internal/external rotation.
  - Range of motion
    - NO ACTIVE abduction and internal rotation
    - NO PASSIVE adduction and external rotation
  - Bike for 20 minutes/day (can be 2x/day)- if instructed by surgeon (if intra-articular hip procedure was also performed)
  - Progression criteria: 6 weeks postoperative

- **Phase 2 (Weeks 6-8)**
  - Weight bearing: As tolerated, discontinue crutch use
  - Brace: Discontinue
  - Range of motion
    - PROM: hip IR
    - AAROM: hip ER, abduction, adduction
    - AROM: hip flexion and extension
  - Therapeutic exercises
    - Hip isometrics to begin at 6 weeks: extension and adduction
    - Quad sets, hamstring sets, lower abdominal activation

- **Phase 4 (Weeks 8-12)**
  - Weight bearing: Full
  - Range of motion: A/AA/PROM with no restriction
  - Therapeutic exercises
    - Isometric to isotonic abduction
    - Isotonic quad and hamstring
    - Core strengthening
    - Initiate hip flexion and extension progression
    - Upright bike with resistance at 10 weeks
    - Elliptical training at 10 weeks
  - Stretching: Manual hip flexion

- **Phase 4 (Months 3-6)**
  - Weight bearing: Full
  - Range of motion: A/AA/PROM with no restriction
  - Therapeutic exercises
    - Endurance activities around the hip
    - Dynamic balance activities
    - Progressive LE and core strengthening
    - Plyometrics
    - Sport specific agility drills