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Sports Medicine, Hip, Knee, and Shoulder Surgery

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Hip Abductor Tendon (Gluteus medius and minimus) Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-4 weeks) Goals: <ul style="list-style-type: none">● Protect Repair● Minimize pain and swelling● Begin passive ROM	Crutch/Walker use 50% partial weightbearing for 4 weeks	<ul style="list-style-type: none">● PASSIVE ONLY● Adduction: No ADD past midline x 4 weeks● ER: full● Flexion: 0-90● Extension: full● NO PASSIVE ER WITH ADD X 4 Weeks● NO ACTIVE ABD + IR x 4 weeks Modalities: <ul style="list-style-type: none">● Compression● Edema control● Avoid sleeping directly on hip● Sleep with pillow between legs● Ice multiple times per day	<ul style="list-style-type: none">● PROM – Circumduction, side-lying flexion, abduction, bike● Isometrics-Quad, glute, hamstring sets,● Hip joint mobilization● Cat/Camel and quad rocking● Standing TKE● Starting week 3: supine hip flexion on ball, sidelying glute max/med holds
Phase 2 (5-8 weeks) Goals: <ul style="list-style-type: none">● Protect repair● Increase ROM● Transition off crutches starting week 4● Normalize gait● Progressive increase of muscle strength	<ul style="list-style-type: none">● Wean crutches starting at 4 weeks● Start with single crutch on opposite side from operative● Transition off crutches when comfortable and no limp	<ul style="list-style-type: none">● Progressive hip ROM● Avoid abducted internal rotation● No adduction past midline Modalities: <ul style="list-style-type: none">● Gentle Massage● Ice multiple times per day	<ul style="list-style-type: none">● Deep tissue mobilization hip, pelvis, and spine● Progress core strengthening● Hip flexor activation (but minimal active/resisted hip flexion)● Clam shells● Single-leg bridges● Leg press with minimal resistance● ¼ mini squats (after full weightbearing)● Quadruped superman● Standing 4-way hip with low resistance

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	<ul style="list-style-type: none">• May need crutches with longer distances		<ul style="list-style-type: none">• Aqua therapy, if available, once portals heal
<p>Phase 3 (9-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Protect Repair• Normalize motion, strength, and gait• Improve endurance and conditioning• Improve balance and proprioception	<p>Completely wean off crutches if not done already</p>	<ul style="list-style-type: none">• No more range-of-motion restrictions• Focus on symmetry compared to unaffected side• Stationary bike – lower seat to allow increased hip flexion	<ul style="list-style-type: none">• Continue joint mobilization• Increase resistance with active exercises• Clamshells with theraband• Sidelying planks• Physioball hamstring• Side-stepping with resistance• Lunges• Neuromuscular training to include core stabilization, single leg squats, and side-steps• Begin elliptical and treadmill with minimal resistance and speed
<p>Phase 4 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Full active and passive hip ROM• Normalize function• Begin sport specific training• Prepare for return to activity	<p>Full ambulation without crutchees</p>	<ul style="list-style-type: none">• Full active and passive ROM• Focus on hip strengthening and proprioceptive training	<ul style="list-style-type: none">• Continue as above• Introduce low-impact plyometrics• Increase resistance and duration on bike and elliptical• Swimming as tolerated• Sport specific agility drills• Traditional weight-training• Start running progression

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Requirements for full return to sports and activities:

- Full pain-free range of motion symmetrical to opposite side
- Symmetric hip strength
- Stable pelvis with activities
- Ability to perform sport-specific drill at full speed without pain