

**HIP ARTHROSCOPY - GLUTEUS MEDIUS REPAIR  
WITH OR WITHOUT LABRAL DEBRIDEMENT  
REHABILITATION PROTOCOL**

(TO BE GIVEN TO PHYSICAL THERAPIST)

	<b>WEIGHT BEARING</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>WEEK 1-4:</b>	<ul style="list-style-type: none"> <li>• Touch Down Weight Bearing with crutches (about 20 lbs. of force)</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid pinching feeling with ROM</li> <li>• No active abduction or internal rotation</li> <li>• No passive external rotation or adduction</li> <li>• Flexion: 0-90<sup>0</sup></li> <li>• Extension: 0<sup>0</sup> (avoid hyperextension)</li> <li>• Abduction: as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise bike without resistance immediately (POD#1 if possible) 20 minutes per day (can be 2x per day)</li> <li>• Gait training PWB with crutches</li> <li>• Isometrics: Quad setting, gluteal setting, hamstring digs with knee support, plantarflexion/dorsiflexion, eversion/inversion strengthening</li> <li>• Prone lying</li> <li>• STM mobilization, scar massage</li> <li>• No joint/capsular mobilizations</li> </ul>
<b>WEEK 4-6:</b>	<ul style="list-style-type: none"> <li>• Continue Touch Down Weight Bearing with crutches (about 20 lbs. of force)</li> </ul>	<ul style="list-style-type: none"> <li>• Progress with passive hip flexion beyond 90 degrees</li> <li>• Passive range of motion as tolerated within pain free range</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid straight leg raises (flexion) to prevent post-operative hip flexor tendonitis</li> <li>• Continue to protect repaired tissue, avoid joint/capsular mobilizations</li> <li>• Restore hip ROM</li> <li>• Hamstring isometrics</li> <li>• Progress hip/core/quad strengthening</li> </ul>

WEEKS 6-12:	• Full	• Full	<ul style="list-style-type: none"> <li>• Continue previous phase exercise</li> <li>• Begin straight leg raises (flexion)</li> <li>• Continue to protect repaired tissue, avoid joint/capsular mobilizations</li> <li>• Stationary bike with resistance</li> <li>• Gluteal Isometrics</li> <li>• Hamstring isometrics</li> <li>• Avoid side-lying abduction against gravity until 12 weeks</li> <li>• Progress balance and proprioception</li> </ul>
WEEKS 12+:	Full	Full	<ul style="list-style-type: none"> <li>• Treadmill walking, progressing to running when abductor strength is equal to contralateral side</li> <li>• Single leg squats</li> <li>• Lunges</li> <li>• Side planks</li> <li>• Plyometrics</li> <li>• Sport Specific Training if hip strength 80% of contralateral side</li> <li>• Return to sport 4-6 months if cleared by MD</li> </ul>