



Jordan M. Meiss, MD

Gluteus Tendon Repair

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 2x/week HEP daily	Protect incisions/repair Early ROM with bike Gait training PWB with crutches Modalities PRN	PWB (50%) No active abduction and IR No passive ER or adduction	Bike for 20 min/day as tolerated (up to 2x per day) ROM with given precautions Hip flexion as tolerated Log rolls Stool stretch for hip flexors and adductors Quadrupled rocking for hip flexion Hamstring isotonic Pelvic tilts NMES to quads
Weeks 4-6 PT 2-3x/week HEP daily	Continue with previous Continue 50% PWB Progress core strengthening Progress hip strengthening	50% PWB No active abduction No passive adduction	Continue previous Stool rotations IR/ER (20 deg) Supine bridges Isotonic adduction Core strengthening Hip strengthening (isotonic hip flexion and quad strengthening) Scar massage
Weeks 6-8 PT 2-3x/week HEP daily	Continue with previous Gait training per WB restrictions Progress ROM Progress core strengthening	Increase to WBAT with crutches	Continue previous Gait training with crutches 100% WB Passive hip ER/IR (stool rotations to standing on BAPS to prone rotations) Prone posterior-anterior glides with rotations Progress core strengthening
Weeks 8-10 PT 1-2x/week HEP daily	Continue previous Wean crutches Progress hip ROM Progress LE strength Progress core strength Begin balance work	Wean crutches (2->1->0) No Trendelenburg gait	Continue previous Progress hip ROM Progress LE strength (hip isometrics for abduction and progress to isotonic, bilateral leg press, isokinetic knee flex/ex) Balance board Core strengthening Bilateral cable column rotations Elliptical



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<p>Weeks 10-12 PT 1-2x/week HEP daily</p>	<p>Continue previous Progress ROM Progress hip/core strength Progress balance Treadmill side stepping</p>	<p>WBAT Avoid painful activities</p>	<p>Unilateral leg press Unilateral cable column rotations Hip hiking Step downs Hip flexor/piriformis/IT strengthening Progress balance to foam/dynadisc Treadmill side steps on level progress to incline Side steps with theraband Hip hiking on stairmaster (week 12)</p>
<p>Weeks 12+ PT 1-2x/week HEP daily</p>	<p>Begin running program Progress strength/plyos Dynamic Balance Sport specific agility</p>	<p>WBAT Avoid painful activities</p>	<p>Begin running program (AlterG if available) Progress strength Advance plyometrics Sports specific agility drills</p>