

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

(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
WEEK 1-4:	<ul style="list-style-type: none"> • Touch Down Weight Bearing with crutches (about 20 lbs. of force) 	<ul style="list-style-type: none"> • Wear brace at all times except for exercises and hygiene • Wear brace at night 	<ul style="list-style-type: none"> • Avoid pinching feeling with ROM • No active abduction or internal rotation • No passive external rotation or adduction • Flexion: 0-90⁰ • Extension: 0⁰ (avoid hyperextension) • Abduction: as tolerated 	<ul style="list-style-type: none"> • Exercise bike without resistance immediately (POD#1 if possible) 20 minutes per day (can be 2x per day) • Gait training PWB with crutches • Isometrics: Quad setting, gluteal setting, hamstring digs with knee support, plantarflexion/dorsiflexion, eversion/inversion strengthening • Prone lying • STM mobilization, scar massage • No joint/capsular mobilizations
WEEK 4-6:	<ul style="list-style-type: none"> • Continue Touch Down Weight Bearing with crutches (about 20 lbs. of force) 	<ul style="list-style-type: none"> • Wear abduction brace when ambulatory, remove for exercises and hygiene • May remove brace at night and when non-ambulatory 	<ul style="list-style-type: none"> • Progress with passive hip flexion beyond 90 degrees • Passive range of motion as tolerated within pain free range 	<ul style="list-style-type: none"> • Avoid straight leg raises (flexion) to prevent post-operative hip flexor tendonitis • Continue to protect repaired tissue, avoid joint/capsular mobilizations • Restore hip ROM • Hamstring isometrics

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