

Gluteus Medius Repair Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	FFWB crutches at all times		PROM ER, ABD, EXT	Quad sets, gluteal sets, ankle pumps, isometric hip adduction using bolster between knees, heel slides, supine hip IR/ER rolls with knee in ext, partial sit-up, LAQ,
PHASE II 4-8 weeks	6 weeks: Wean off crutches, WBAT		6 weeks: Progress flexion >90°	Stationary bike – Low resistance, supine hip ABD slides, standing hip ABD, supine SLR, core
PHASE III 8-12 weeks	Full	None	Full	Initiate closed-chain exercises, clams, prone resisted hip IR/ER, glute bridges, side-step with resistance, stairmaster
PHASE IV 12-16 weeks	Full	None	Full	Single leg stance, progress closed chain strengthening, 4-way hip resistance, lunges progressing to walking lunges, aqua jogging 10 weeks: aerobic stepping
PHASE V 16-20 weeks	Full	None	Full	Progressive strengthening, begin running progression, plyometrics
PHASE VI >20 weeks	Full	None	Full	Progress running, agility and plyometrics Progress to full return to sport after 20 weeks when cleared by MD