

GLUTEAL TENDON REPAIR REHABILITATION PROTOCOL

Phase I, 0-6 weeks. No weight bearing (i.e. walking) until 4-6 weeks after surgery

PRECAUTIONS	<ul style="list-style-type: none"> - You may rest your foot on the ground (toe-touch weight bearing, TTWB), but do not put your body weight on it - Avoid pain during ROM exercises - Gentle passive range of motion (PROM) only, no passive stretching. No hip flexion >90°, and no adduction past neutral - No active hip abduction or internal rotation
Emphasize	<ul style="list-style-type: none"> - Pain and edema control; Cryotherapy and elevation - Protection of repair - Independent transfers, ambulation and stair negotiation - Pain-free Home Exercise Program (HEP)
Special Considerations	<p>If a labral procedure was performed, a CPM machine will be added to aid in recovery</p>
Range of Motion Restrictions	<p>ROM restrictions (passive motion only):</p> <ul style="list-style-type: none"> • Flexion: 90° • Extension: To tolerance • Abduction: To tolerance • Adduction: 0° • Internal Rotation: 0° • External Rotation: To tolerance <p>- No active hip abduction or internal rotation</p>
Treatment Recommendations	<ul style="list-style-type: none"> - Transfer training in and out of bed, sit to stand, and stair training while maintaining TTWB status - Pain-free distal AROM: Knee and ankle AROM - Stationary bicycle with NO resistance (use other leg to push pedal) - ADL training - Initiate and emphasize importance of HEP - Soft Tissue Mobilization (STM) to scars, hip, thigh, and low back - Exercises: Isometrics (quads, glutes, prone hamstrings), heel slides, prone quad stretches - Begin weaning crutches at 4-6 weeks, do not DC until there is no limp, then begin gait and balance progression - Begin gentle strengthening once FROM achieved - Soft Tissue Mobilization (STM) and joint mobilization to scars, hip, thigh, knee, and low back
Criteria for Advancement	<ul style="list-style-type: none"> - Full, pain-free range of motion - Normal gait (i.e. no limp) - Independent with ADLs - Independent with home exercise program (HEP)

Phase III, 6-12 weeks. Regain full range of motion; establish a normal gait pattern; begin strength training.

PRECAUTIONS	<ul style="list-style-type: none"> - Prevent soft tissue irritation (i.e. hip flexors and adductors/groin) - No pain during exercises - No forced stretching - Avoid “pushing through the pain”
Emphasize	<ul style="list-style-type: none"> - Normal gait and exercise patterns without compensation - Protection of repair - Pain-free Home Exercise Program (HEP)
Range of Motion Restrictions	<ul style="list-style-type: none"> - Progress ROM as tolerated within comfort zone - Gentle stretching, no forced stretching
Treatment Recommendations	<ul style="list-style-type: none"> - Progressive strengthening if FROM achieved - Continue gait and balance progression - Soft Tissue Mobilization (STM) and joint mobilization to scars, hip, thigh, knee, and low back - Exercises: quad, hamstring, adductor, hip flexor, and glutes progression. Progress to double leg presses and squatting, hamstring curls, bridges, backwards monster walks, core work, etc; then on to lunges, lateral band walks, standing fire hydrants, single leg exercises etc. around weeks 8-10.
Criteria for Advancement	<ul style="list-style-type: none"> - Full, pain-free range of motion (includes FABER and FADIR) - 4+/5 strength throughout the hip and lower extremity - Able to ascend/descend stairs, walk 15 minutes on a level surface - Stable single leg squats to 70° - Maintain a level/stable pelvis during exercises - No pain with initiation of sport-specific exercises - Adequate cardiovascular stamina

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Phase IV, 12-20 weeks. Progress back to sports and all activities

PRECAUTIONS	<ul style="list-style-type: none">- Prevent soft tissue irritation (i.e. hip flexors and adductors/groin)- No pain during exercises- No forced stretching- Avoid “pushing through the pain”- Do not advance activity level until able to perform prior exercises with good stability and without pain
Emphasize	<ul style="list-style-type: none">- Restore multi-directional strength without compensation- Begin impact and plyometric exercises- Must be able perform single-leg exercises prior to progression- Pain-free Home Exercise Program (HEP)
Range of Motion Restrictions	<ul style="list-style-type: none">- Progress ROM as tolerated within comfort zone- Gentle stretching, no forced stretching
Treatment Recommendations	<ul style="list-style-type: none">- Progress as tolerated- Begin plyometric and impact exercises- Jogging- Gradual return to sport-specific drills as tolerated
Criteria for Advancement	Able to pass a Return to Sport Test (i.e. Vail Hip Sport Test)