

Dr. Cole

Gluteus Medius Repair Physical Therapy Protocol/Prescription

Patient Name: \_\_\_\_\_

Surgery: s/p ( LEFT / RIGHT ) GLUTEUS MEDIUS REPAIR

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Weeks 0-4

- \_\_\_\_\_ no active abduction
- \_\_\_\_\_ No passive adduction
- \_\_\_\_\_ No crossing midline with leg
- \_\_\_\_\_ Weight bearing with crutches for weeks 1-4

Weeks 4-8

- \_\_\_\_\_ Wean off of crutches weeks 4-6
- \_\_\_\_\_ Hip flexion / extension ok
- \_\_\_\_\_ Quad sets, straight leg raises ok
- \_\_\_\_\_ 1 week after ambulating with no crutches- discontinue brace

Weeks 8+

- \_\_\_\_\_ Progress with physical therapy
- \_\_\_\_\_ Progressive core strengthening
- \_\_\_\_\_ Hip flexion/ extension
- \_\_\_\_\_ Hip abduction progression
- \_\_\_\_\_ Back to normal activities at 4 months

\_\_\_\_\_ Functional Capacity Evaluation    \_\_\_\_\_ Work Hardening/Work Conditioning     Teach HEP

Electric Stimulation    \_\_\_\_\_ Ultrasound    \_\_\_\_\_ Iontophoresis    \_\_\_\_\_ Phonophoresis    \_\_\_\_\_ TENS  
 Heat before  
 Ice after    \_\_\_\_\_ Trigger points massage     Therapist's discretion