



# Rehab Protocol

## Gluteal tendon repair

**LJ BRADLEY**   
ORTHOPAEDIC SURGEON

[northlandorthopaedicsurgeon.co.nz](http://northlandorthopaedicsurgeon.co.nz)

Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> <li>• Protect the hip and surgical incisions</li> <li>• Recover from swelling and inflammation</li> <li>• Control of post-surgical pain</li> </ul>		
Precautions	<ul style="list-style-type: none"> <li>• Touch weight bearing with crutches for 8 weeks</li> <li>• No active abduction for 8 weeks</li> <li>• No internal or external rotation exercise for 8 weeks</li> </ul>		
Recommendations	<ul style="list-style-type: none"> <li>• Rest and elevate as required</li> <li>• Ice as desired – up to 3 times a day (particularly in the first 72 hours)</li> <li>• Range of motion exercises of ankle</li> <li>• Range of motion exercises of knee</li> <li>• Range of motion exercises of hip</li> <li>• Activate muscles with isometric muscle contractions</li> </ul>		
Suggested exercises	<ul style="list-style-type: none"> <li>• Standing flexion and extension of hip – leg straight</li> <li>• Static gluteal, Quads and hamstring contractions</li> <li>• Isometric adduction</li> <li>• Ankle pumps</li> <li>• Seated knee flexion and extension</li> </ul>		

Phase 1		Week 2 to week 8	
Goals	<ul style="list-style-type: none"> <li>• Protect the hip and surgical incisions</li> <li>• Recover from swelling and inflammation</li> <li>• Control of post-surgical pain</li> </ul>		
Precautions	<ul style="list-style-type: none"> <li>• Touch weight bearing with crutches for 8 weeks</li> <li>• No active abduction for 8 weeks</li> <li>• No internal or external rotation exercise for 8 weeks</li> </ul>		
Recommendation	<ul style="list-style-type: none"> <li>• Rest as required</li> <li>• Range of motion exercises of ankle</li> <li>• Range of motion exercises of knee</li> <li>• Begin strengthening remaining muscles around hip</li> </ul>		
Suggested exercises	<ul style="list-style-type: none"> <li>• Standing flexion and extension of hip – leg straight</li> <li>• Static gluteal, Quads and hamstring contractions</li> <li>• Isometric adduction</li> <li>• Ankle pumps</li> <li>• Seated knee flexion and extension</li> <li>• Prone extension</li> <li>• Abdominal core strengthening</li> </ul>		

Phase 2		Week 9 to week 12	
Goals	<ul style="list-style-type: none"> <li>• Return to normal gait</li> <li>• Strengthen</li> <li>• Begin mobilising and gently including abductors</li> </ul>		

## Gluteal Tendon Repair

Precautions	<ul style="list-style-type: none"> <li>• Partial weightbearing with 2 crutches week 9-10</li> <li>• Weight bear with one crutch (opposite to surgical side) for weeks 11-12</li> <li>• Allow weight bearing without crutches while doing exercises</li> <li>• Abduction with weight of leg only weeks 9-12 – no resisted strength training</li> </ul>	
Recommendations	<ul style="list-style-type: none"> <li>• Resisted strength training of core, gluteals, hamstring, quads. Start light and build up resistance.</li> <li>• From week 9 begin including abduction but no resistance</li> </ul>	
Suggested exercises	<ul style="list-style-type: none"> <li>• Thermaband hip flexion and extension – standing</li> <li>• Standing abduction – no resistance</li> <li>• Double leg squat (45 degree)</li> <li>• Double calf raises – progress to single</li> <li>• Single leg stance exercises and balance</li> <li>• Abdominal core training</li> <li>• Bridging with gluteal contraction</li> <li>• Side leg raises – raise and hold only – not high rep</li> <li>• Exercycle</li> </ul>	

Phase 3		3 Months – 6 months	
Goals	<ul style="list-style-type: none"> <li>• Gain full function and strength</li> <li>• Return to normal activities after 4 months. minimum</li> </ul>		
Precautions	<ul style="list-style-type: none"> <li>• It is well documented that rushing back to strength activities is NOT advised – slow rehab and progression is best</li> </ul>		
Recommendations	<ul style="list-style-type: none"> <li>• Achieve full range of motion</li> <li>• Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Gain in confidence during athletic activity. Neuromuscular control and co-ordination of leg</li> <li>• Long walks – starting small and building up slowly</li> </ul>		
Suggested exercises	<ul style="list-style-type: none"> <li>• Thermaband exercises for gluteals and abductors</li> <li>• Lunges</li> <li>• Step ups, step downs</li> <li>• Clamshells</li> <li>• Squats (limit to 90 degrees with no or low weights)</li> <li>• Calf raisers</li> <li>• Single leg stance exercises</li> <li>• Single leg stance squats</li> <li>• Exercycle, elliptical trainer, swimming</li> </ul>		