

Glute Med/Min Repair

Name: _____
 Dr: Doan

DOB: _____
 DOS: _____

ROM RESTRICTIONS

Adduction
 No ADD past midline x 4wks

External Rotation
 Full

Flexion
 0-90 x 4 wks

Extension
 Full

No passive hip ER + ADD x 4 wks

No active hip ABD + IR x 4 wks

BRACE SETTINGS

Hip brace 0-90 flexion x 4 wks then full x 2 wks

Weight Bearing status

Non weight bearing x 6 wks

ROM & Muscle Initiation	1	2	3	4	5	6	7-8	7-12+	13-18+	19-24+	25-28+
PROM – Circumduction, side lying flex, abduction, bike											
Isometrics – quad, TA, glute											
Cat & camel / Quad rocking											
Standing TKE											
Abduction supine / standing											
Reverse Clams / Clam to neutral											
Supine hip flexion on ball											
Quadruped hip extension											
Side lying glute max/med holds											
Weight shift											
Hip thruster											
<i>Progress to Endurance: FROM all planes except Flex & ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10</i>											
Muscular Endurance 3 x 15, 45s rest								9-14+			
Side lying deep rotators											
Squat series											
Lateral band walk											
Hip hikers											
3 way hip glider											
Plank series											
<i>Progress to strength: 12+ wks & GMax & GMed isometric strength >80%, Trunk lat endurance >90%, Y balance ant reach <8cm</i>											
Muscular Strength 3 x 10 120s rest									15-20+		
Squat with rotation											
Kettlebell RDL											
Elevated split squat											
Single leg squat											
Side plank with hip abduction											
<i>Progress to Power: GMax & GMed iso strength >90%, Side plank + hip abduction x 10, Y Balance ant reach <4cm</i>											
Muscular Power 3 x 6, 180s rest										21-26+	
Front squat											
Barbell deadlift											
Split Jumps											
Sled drags											
<i>Progress to Running: Triple hop for distance >90%</i>											
Running, Speed & Agility											27-29+
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities										21-26+	
Golf, outdoor biking											