

# Gluteal Tendon Repair

	<b>Phase I: 0 - 6 weeks</b>	<b>Phase II: 6 - 12 weeks</b>	<b>Phase III: 12 - 16 weeks</b>	<b>Phase IV: 16+ weeks</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>Foot-flat weight bearing of up to 20 lbs with two crutches</li> </ul>	<ul style="list-style-type: none"> <li>Transition to WBAT</li> <li>No single-leg stance</li> </ul>	<ul style="list-style-type: none"> <li>WBAT</li> <li>Begin single-leg stance</li> </ul>	<ul style="list-style-type: none"> <li>WBAT</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Stationary bike               <ul style="list-style-type: none"> <li>low resistance</li> <li>elevated seat height</li> <li>normalize seat height as ROM allows</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Elliptical</li> <li>Stairs</li> <li>Water aerobics</li> </ul>	<ul style="list-style-type: none"> <li>Begin walk-jog-run progression</li> </ul>
Range of Motion and Strengthening	<ul style="list-style-type: none"> <li>Ankle pumps</li> <li>Quadriceps sets</li> <li>Gluteal sets</li> <li>Heel slides</li> <li>Supine AROM of hip ER and IR with knee in full extension</li> <li>Hip extension PROM and AROM</li> <li>No adduction past midline</li> <li>Stretching of quadriceps, hip flexors, and hamstrings</li> <li>Hip flexion 0° - 90°</li> <li>Abduction               <ul style="list-style-type: none"> <li>PROM to 40° maximum</li> <li>no active abduction during weeks 0 - 4</li> <li>at 4 weeks may begin active abduction without gravity resistance (i.e. while standing and supine)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Continue Phase I exercises</li> <li>Progress hip ROM as tolerated including               <ul style="list-style-type: none"> <li>abduction and ER laying on side</li> <li>prone extension</li> </ul> </li> <li>Core stabilization and strengthening</li> <li>Continue strengthening other than of hip abductors</li> <li>Supine straight leg raise</li> <li>Begin additional closed-chain exercises at 8 weeks</li> <li>Abduction               <ul style="list-style-type: none"> <li>8 weeks: may begin active abduction and ER again gravity (i.e. laying on side)</li> <li>10 weeks: may begin active abduction with resistance (light bands)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Continue Phase II exercises</li> <li>Single-leg stance exercises</li> <li>Progression of strengthening and resistance band exercises</li> <li>Progression of flexibility</li> <li>Lunge progression</li> </ul>	<ul style="list-style-type: none"> <li>Continue Phase III exercises</li> <li>Progressive general plyometric program with progression to sport-specific program as needed</li> </ul>
Goals	<ul style="list-style-type: none"> <li>Pain control</li> <li>Protect repaired tissue</li> <li>Minimize joint stiffness</li> <li>Prevent muscular inhibition</li> <li>Gait training with crutches</li> </ul>	<ul style="list-style-type: none"> <li>Normalize hip ROM (flexion, abduction, extension, and ER)</li> <li>Progress to normal gait</li> </ul>	<ul style="list-style-type: none"> <li>Optimize balance, proprioception, endurance, and strength</li> </ul>	<ul style="list-style-type: none"> <li>Transition to independent home exercise program</li> <li>Return to usual activity and exercise</li> <li>Return to sports &gt;6 months</li> </ul>