



# GOLDEN STATE ORTHOPEDICS & SPINE

## GLUTEAL TENDON REPAIR REHABILITATION PROTOCOL

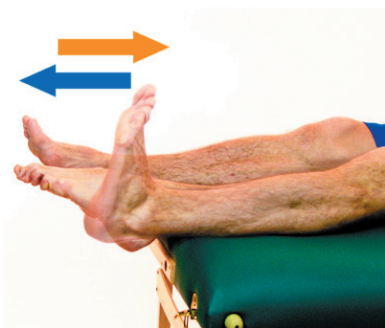

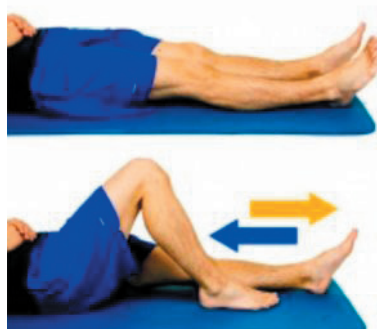
**General Precautions:** Hip internal rotation to 0 degrees only (foot straight up and not in toward other foot)  
Hip external rotation to 45 degrees only  
Hip flexion to 90 degrees or less

### **0-2 Weeks Post-Op**

1. Icing for edema control (4x day)
2. Sleeping on your back or in a recliner chair
3. Sitting in an elevated chair with hip at less than 90 degree bend (knee below hip)
4. Crutches or a walker

### **TOE TOUCH WEIGHT BEARING ONLY WITH WALKER OR CRUTCHES AT ALL TIMES**

Recommended Exercises: (sitting or lying on your back):

<p><b>Ankle Pumps:</b></p> <p>Bend your foot up and down at your ankle joint</p> <p>Note: Keep on doing ankle pumps throughout the day, as it is most important exercise for leg blood circulation, prevents blood clotting and swelling</p>	
<p><b>Ankle Circles:</b></p> <p>Sit/lie down with your leg straight in front of you and your foot slightly over the edge of the bed. Making sure not to move your knee, draw a circle with your big toe going clockwise.</p>	
<p><b>Supine Knee Flexion:</b></p> <p>Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.</p> <p>Hold a gentle stretch in this position and then return to original position.</p>	



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### **2-4 Weeks Post-Op**

May begin outpatient physical therapy

Remember: take it easy

### **TOE TOUCH WEIGHT BEARING ONLY WITH WALKER OR CRUTCHES**



Follow all directions for 0-2 weeks post-op but add the following exercises:

<p><b>Quad Sets:</b></p> <p>Sit with leg out straight in front of you. Place small towel roll under knee. Tighten the muscles around your knee and press towel into the mat. Hold for 5 seconds, then relax.</p>	
<p><b>External Rotation of the Hip:</b></p> <p>While lying on your back with your knees straight, roll your hip in and outward so that your toes point to the right and then left.</p> <p>Be sure that your knee cap faces right and then left as well.</p>	

### **4-6 Weeks Post-Op**

Continue **TOE TOUCH WEIGHT BEARING ONLY WITH WALKER OR CRUTCHES**

Follow all directions for 0-4 weeks post-op but add the following exercises:

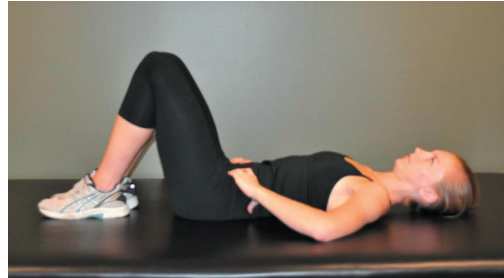
<p><b>Prone Hamstring Curls:</b></p> <p>Put enough pillows under your waist to avoid arching your back. Let toes hang off the end of the bed. While lying face down, slowly bend your knee as you bring your foot towards your buttock and lower again.</p>	
<p><b>Adductor Squeeze:</b></p> <p>Lying on your back with knees bent, place a ball, towel or pillows between your knees. Squeeze your knees together gently. Hold for 3 sends and release.</p>	



## 4-6 Weeks Post-Op (cont)

### Abdominal Brace (core strengthening):

Lying on your back with knees bent, pull belly button toward your spine and hold for 3 seconds. Exhale as you tighten the muscle and pull in. Practice doing this while sitting, standing and walking.



## 6-10 Weeks Post-Op

If your physician and physical therapist agree that it is safe, you may begin advancing to weight bearing as tolerated while still using a walker or crutches at all times. (Usually start after your 6-week post-op appointment.

If you have little to no pain in your hip, you may add the following exercises:

### Supine Hip Abduction:

Lying on your back with pillows under your head slowly move your operative leg to the side and back. Keep toes pointing up and keep knee straight.



### Stationary Bike:

Keep knee lower than same hip on the up stroke.

Level 2-3 resistance only for 10-15 minutes a day. May increase time to tolerance.



### Gastrocnemius (calf) stretch:

a) Front knee bent, back knee straight, toes facing forward. Do both sides!

#### OR:

b) With one foot firmly on a step, let heel of opposite foot hang down. BREATHE! Hold for 20 seconds each stretch. Do both sides!





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### 6-10 Weeks Post-Op (cont)

#### Hamstring Stretch:

You can do this on your bed. Both hips facing forward, keep top knee straight. Try not to round your back as you lean forward.

BREATHE!

Hold 20-30 seconds each leg.

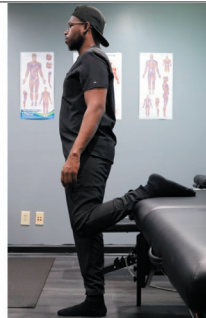


#### Quadriceps Stretch:

Hold onto something in front of you. Bend one knee and place foot behind you on a chair or an arm of the couch. Squeeze buttocks together.

BREATHE!

Hold 20-30 seconds each leg.



### 10-12 Weeks Post-Op

If your physician and physical therapist agree it is safe, you may begin taking steps inside your home without crutches or walker. Still use assistive devices when walking outside. You may go for walks on flat ground only.

You may continue the stationary bicycle and stretches.

#### Straight Leg Raise:

Place pillows under your head. Maintain tight abs throughout (the abdominal brace).

Lift one straight leg slowly to height of opposite knee and lower slowly 3 sets of 10 each leg without weight



#### Hip Abduction (side leg lifts):

Put a pillow under your head. Line up top shoulder, top hip, top knee and ankle into a straight line top leg straight and bottom leg bent.

Lift top leg to hip height ONLY. Do both sides to tolerance and aiming for 3 sets of 10







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### **10-12 Weeks Post-Op (cont)**

#### **Standing Hamstring Curl:**

Hold onto a wall or bureau in front of you. Tighten abdominals. Keep knees aligned with each other. Slowly bend one knee to 90 degrees and lower slowly.

Goal is 3 sets of 10 each leg.  
Adjustable ankle weights (1#-5# each) can be added when tolerated.



### **3 Months Post-Op**

If your physician and physical therapist agree that it is safe, you may begin advancing to walking outside without walker or crutches. As you become stronger, you can do gentle incline/decline ground only. No steep hills.

You may continue all of the previous exercises. (Usually start after your 3-month post-op appointment.)

### **4 Months Post-Op**

May initiate a gym program formulated by your physical therapist.

Running, jumping, steep hiking, and other high impact activities should still be avoided for 6 months post-op.

Full strength of the hip and thigh muscles will take about 6 months so any new activities should be approved by your physician or physical therapist.

