**Arthroscopic Gluteus Medius Repair Protocol**

**Phase 1 – PROTECTED ROM**

*Partial weight-bearing (20%) with foot flat for 4 weeks*

*Avoid flexion >90 degrees for 2 weeks, no active abduction and no passive adduction for 3 weeks*

**Weeks 1-2** Upright bike with no resistance

Gentle AROM/PROM within precautions emphasizing pain-free IR, log roll and circumduction.

Gentle soft tissue mobilization & lymphatic within precautions

Isometric muscle activation including transverse abs, glut (glut sub-max at week 2) and quad sets

Avoid heel slides and straight leg raises x 6 weeks

**Weeks 3-4** Progress bike and mobility exercises above

Emphasis on gluteal muscle activation, bridge progression, and gentle hip flexor activation

Begin aquatic therapy as soon as incisions are healed

Closed-chain mobility including cat/camel and pain-free quadruped rocking

Weight-shifting progression beginning week 4

**Phase 2 – CORE STABILITY**

**Weeks 5-8** Continue upright bike adding minimal resistance

Continue to maximize AROM/PROM adding lumbosacral and hip mobilization if indicated

May begin sagittal plane straight leg raise if good gluteal muscle activation

Gradually introduce closed chain muscle activation and balance progression

Gradual shuttle progression

**Week 8** Progress closed chain muscle activation/stability exercises

Begin swimming and elliptical for cardiovascular endurance

**Phase 3 – STRENGTHENING**

**Week 9+** Ensure full AROM/PROM and symmetrical flexibility

Squat, lunge, and core stability progression

**Return to Activities**

Golf – chip/putt 3 months

Running 4 months