09/14/24

UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | SPORTS MEDICINE INSTITUTE

Hip Gluteus Tendon Repair

Name: _____ DOB: _____

Dr: Michael G. Rizzo, M.D. Date: _____

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

Weight Bearing status

Toe-Touch WB 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											
Progress to Endurance: FROM all planes except Flex & ER to 75%, GMed Side lying hold x 30s, GMax prone ext x 10											
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											
Progress to strength: 12+ wks & GMax & GMed isometric strength >80%, Trunk lat endurance >90%, Y balance ant reach <8cm											
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											
Progress to Power: GMax & GMed iso strength >90%, Side plank + hip abduction x 10, Y Balance ant reach <4cm											
Muscular Power 3 x 6, 180s rest										21-26+	
Front squat											
Barbell deadlift											
Split Jumps											
Sled drags											

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Progress to Running: Triple hop for distance >90%											
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											