

UCSF Physical Therapy Referral

Diagnosis: Hip gluteal tendon repair

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 weeks):

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Touchdown- foot flat weight bearing with crutches or walker

Brace at all times

Dressing on until seen by MD

Ice 3-5 times per day

Heel slides

Gentle AROM and active-assisted ROM only:

NO hip flexion >90 degrees

NO Internal Rotation past neutral

NO Adduction past neutral

NO Active Abduction of the hip

PHASE I (2-6 weeks):

GOALS:

Healing of hip/muscles

EXERCISES/RESTRICTIONS:

Touchdown foot-flat weight bearing with crutches or walker

Brace at all times

Isometrics for quads and hamstrings

Gentle Active and passive Hip range of motion program

NO active Abduction of the hip

NO hip flexion >90 degrees

NO Internal Rotation past neutral

NO Adduction past neutral

NO gluteal strengthening

PHASE II (6-12 weeks)

GOALS:

Range of Motion to normal

Wean off crutches/walker at 6 weeks

Weight bearing as tolerated/Normalize gait

Start gentle strengthening program for core, hip flexors, Quad/hamstrings

No gluteal strengthening until after 12 weeks

EXERCISES/RESTRICTIONS:

Stationary Bike with minimal to no resistance is OK

Quad/Hamstring Program

Core Strengthening

No running

Begin proprioception training

Gentle Scar massage, Modalities

Home Exercise Program

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UCSF Health
Sports Medicine

UCSF Physical Therapy Referral

PHASE III (12-20 weeks)

GOALS:

Full ROM

Improve endurance

EXERCISES/RESTRICTIONS:

Elliptical OK

Road Bike OK

Running OK at 5 months after surgery

Hip strengthening/CORE/Pilates

Gluteal strengthening ok after 12 weeks

Modalities OK

Advanced gait/strengthening program

Endurance exercises

Home Exercise Program

PHASE IV (>20 weeks)

GOALS:

Advanced Hip Program

Normal flexibility

Home Therapy

EXERCISES/RESTRICTIONS:

Pain Free Running

Sport-specific drills and return to sports at 6 months after surgery

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UCSF Health
Sports Medicine