

Name _____

Date _____

Physician _____



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**Patient
Flow Sheet**

Gluteus Medius Repair

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

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

Phase 1 – PROTECTED MOBILITY

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

Week 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 – STABILITY AND CONTROL

Week 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 – STRENGTH

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

Surgeon Comments: