



YOUSIF

Orthopedic Surgery

**Open Abductor (Glut medius)
tendon repair/reconstruction.
Post operative PT Protocol.**

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This post-operative protocol outlines a gradual recovery progression:

Weeks 0-6:

Partial weight bearing only (up to 20 lbs) using a walker.

Hip abduction brace worn for 6 weeks.

Begin gentle range-of-motion (ROM) exercises and isometric strengthening exercises starting about 5 days after surgery.

No resisted hip abduction exercises.

Weeks 6-8:

Physical therapy (**PT**) starts at week 6.

Continue wearing the brace until the end of week 6 (unless your surgeon advises otherwise).

Gradually increase weight bearing.

By Week 8:

Transition to full weight bearing.

Weeks 8-12:

Continue progressive strengthening and ROM exercises through PT.

Still avoid resisted abduction exercises until 12 weeks after surgery.

After Week 12:

Resisted hip abduction exercises may be introduced if cleared by your surgeon and therapist.

Continue PT and progressive strengthening.

Long-Term Recovery:

Physical therapy is expected to continue for 6-8 months after surgery to optimize strength, gait, balance, and return to activity.