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Trochanteric Bursectomy with Gluteus Medius Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–4 weeks** GOAL TO ADVANCE *Pain controlled; safe walking with crutches*	Passive hip flexion to 90°; passive abduction as tolerated. NO active abduction, no passive adduction or ER, no active IR*	20 lb partial weight bearing with crutches; hip brace if prescribed	Stationary bike 20 minutes a day (no resistance); isometrics for hip extension, adduction and ER at 2 weeks; quad sets, pelvic tilts, quadruped rocking, scar massage
Phase II **4–6 weeks** GOAL TO ADVANCE *Pain-free isometrics*	Passive flexion past 90°. Same restrictions on abduction, adduction and rotation*	20 lb partial weight bearing with crutches through 6 weeks	Bridges, quad and core strengthening, gentle hip flexion isometrics; pool walking in shallow water once incisions heal
Phase III **6–10 weeks** GOAL TO ADVANCE *Full weight bearing; normal gait without crutches*	Add passive ER and IR; progress all motion	Increase to full weight bearing by 8 weeks; wean crutches (2 → 1 → 0) by 8-10 weeks; discontinue brace	Week 8: abduction isometrics → light active abduction; leg press, single-leg balance, elliptical
Phase IV **10–16 weeks** GOAL TO ADVANCE *Abductor strength improving; no limp*	Full	Full	Hip weights and machines, single-leg leg press, hip hikes, step-downs, banded side-stepping; stair machine at 12 weeks; stretching
Phase V **4–6 months** GOAL TO ADVANCE *Abductor strength within 10% of other side*	Full without discomfort	—	Hip endurance, dynamic balance; running and sport-specific drills when cleared**

NOTES

*Lifting the leg out to the side, crossing it across the body and turning it outward stretch or load the repaired gluteus medius tendon

**If approved by physician