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**Post-Operative Rehabilitation Guidelines for
Trochanteric Bursectomy/Gluteus Medius Patch
Augmentation**

Weeks 0-4: WBAT w/ crutches

PROM > AAROM > AROM, advance as tolerated
Avoid repetitive hip abduction
Quad & Glute Sets
Seated knee extensions
Hip Isometrics
Bridging Progression, Pelvic Tilts
Supermans
Baby Cobra pose
Mini Squats
Stationary bike w/o resistance

Goals: Prevent muscle atrophy, stiffness

Weeks 4-8: Wean off crutches when gait normalizes
Soft tissue and scar mobilization
Clam Shells
Incorporate resistance to abduction, adduction & extension
Dead bugs
Planks/Side planks
TRX squats, lunges
Leg press
Prone hamstring curls
Knee extensions

Goals: D/C crutches, Achieve full ROM, Closed-chain, double-leg strength progression, focus on more FUNCTIONAL exercises.
Core stabilization

Weeks 8-12: Continue soft tissue mobilization
Forward and side steps over mini hurdles
Side steps and retro steps with resistance bands
BOSU squats
Single-leg strength training i.e. bridges, squats
Resisted side-steps
Forward and side lunges
Step-ups
Begin increasing stationary bike resistance

Goals: Progress to open-chain, single-leg strength training. Emphasis on restoration of strength, balance and proprioception. Advance exercises only as patient exhibits good control with previous exercises (proximally and distally)

Weeks 12-16: Begin run/walk progression
Ladder agility training
Single leg RDL
Split squats
Elliptical

Goals: Restore neuromuscular endurance

Weeks 16+: Return to sport program
Plyometrics
Jump squats
Sport specific exercise