

Gluteal tendon - Post-operative – Late stage exercises


This programme has been designed for patients of *The London Hip Practice* who have had a Gluteal tendon repair. The exercises shown in this guide are intended help you regain control of your hip joint, strengthen the muscles that support your hip and help you recover from your operation. However, exercises are only helpful if you are able to do them without irritating the soft tissues around your hip. You should be aware that tissue healing continues for many months and soft tissue swelling takes a similar period of time to resolve. It is acceptable to experience a small increase in




discomfort on the day that you undertake the exercises. However, if your hip is more painful the next day, then you should reduce the programme.



We recommend that all exercises should be delivered under the care of a physiotherapist, experienced in this work. If any exercise is painful, you should stop it. You may be doing the exercise incorrectly, too intensively, too often or there may be a problem with tendon repair. Your physiotherapist is welcome to contact our team if they have any queries. Please see our website for contact details www.londonhips.co.uk



All exercises should be pain free and delivered under the care of a physiotherapist



Protective protocol (PP) post-op: Begin this set of exercises from week 5 post-op
Moderate protocol (MP) post-op: Begin this set of exercises from week 7 post-op

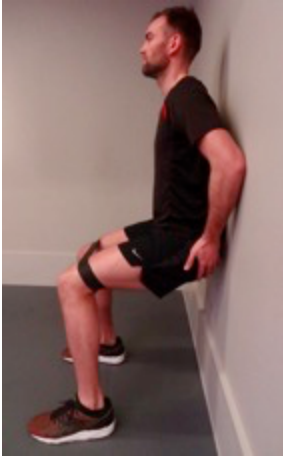
Set	Exercise	PP	MP	Instructions	Target weight	Target repetitions	Target sets	Frequency
1	Four point kneeling rocking 	Continue from week 0	Continue from week 0	<ul style="list-style-type: none"> Position on all fours Keep your back still and rock backwards through the hips Only move the pain free range 	Nil	10	1	x 1 Daily or as needed

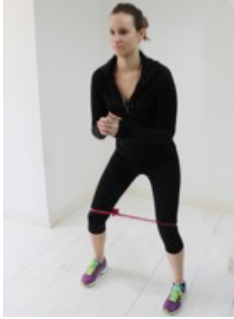

Set	Exercise	PP	MP	Instructions	Target weight	Target repetitions	Target sets	Frequency
2	<p>Ball squeezes at 0 degrees hip bend</p>  <p>at 45 degrees hip bend</p>  <p>at 60 degrees hip bend</p> 	Continue from week 0	Continue from week 0	<ul style="list-style-type: none"> • Lie on your back • Place a LARGE football sized slightly squashy ball or a large rolled towel between your knees so that your knees are hip width apart • Squeeze the ball or towel between your knees to approximately 40-60% effort • Hold the squeeze • Change to the next angle • Then repeat the entire cycle of angles one after the other 	Nil	30 second hold at each angle	4 cycles	x 1 Daily

Set	Exercise	PP	MP	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	<p>Calf series – heel raises</p> <p>a) Feet parallel</p>  <p>b) Feet turned out</p> 	Continue from week 0	Continue from week 0	<ul style="list-style-type: none"> • Use the wall for balance • Heel raises • Lift in 1 second, lower your heels back to the ground in 2 seconds <p>After you can perform 20 reps and 3 sets easily with body weight only, hold a 5kg weight and complete the exercise. Add 3 Kgs every 2 weeks.</p>	Body weight	12-20 each as able	2-3 as able	Every other day

Set	Exercise	PP	MP	Instructions	Target weight	Target repetitions	Target sets	Frequency
4	Bridging on a chair / weight bench / sofa seat 	Begin from week 8	Begin from week 7	<ul style="list-style-type: none"> Lie on your back, heels resting on a chair seat, sofa or a weight bench Hips and knees bent to about 90 degrees Lift your hips up using 2 legs Lower your hips to the floor 	Body weight	7-20 as able	2-3-5 sets as able	x 1 Daily
5	Hip bends on the ball with resistance  (This exercise should not provoke pain in the groin area or outside hip area – only bend the hip a comfortable distance between 70 and 120 degrees)	Begin from week 5	Begin from week 5	<ul style="list-style-type: none"> Lie on your back, heel rests on a 55-65cm ball Heavy resistance band around your leg above your knee Lightly dig your heel in to the ball to control it Roll the ball up towards you and back to your start position 	Heavy resistance band	12 - 20	3	x 1 Daily

Set	Exercise	PP	MP	Instructions	Target weight	Target repetitions	Target sets	Frequency
6	<p>Plank series:</p> <p>Once you can do the short lever front plank from the mid-stage programme for 1 minute 3 times, progress to 6a below</p> <p>a) Long lever front plank</p>  <p>Once you can do the short lever side plank from the mid-stage programme for 30 seconds, progress to 6b</p> <p>b) Long lever side plank</p> 	<p>Begin from week 6</p>	<p>Begin from week 6</p>	<ul style="list-style-type: none"> • Upper body weight on your elbows • Lower body weight on your feet 	<p>Body weight</p>	<p>30 seconds – 2 minutes as able</p>	<p>2-4 as able</p>	<p>x 1 Daily</p>
		<p>Begin from week 9</p>	<p>Begin from week 7</p>	<ul style="list-style-type: none"> • Upper body weight on your lower elbow • Lower body weight on your outside, lower foot 		<p>10 seconds – 1 minute as able</p>		

Set	Exercise	PP	MP	Instructions	Target weight	Target repetitions	Target sets	Frequency
7	Mini static squat against wall with resistance band above knees 	Begin from week 7	Begin from week 5	<ul style="list-style-type: none"> • Feet parallel • Stick your bottom out as you descend • Perch your bottom lightly against the wall • Push your knees hard in to the band and hold 	Heavy resistance band around knees	30 seconds – 2 minutes	1-3 as able	x 1 Daily

Set	Exercise	PP	MP	Instructions	Target weight	Target repetitions	Target sets	Frequency
8	<p>Micro lateral hip side shuffle</p>  <p>Once you can easily shuffle 5m and complete 4 repetitions in both directions then progress the exercise by adding an additional band to your forefeet</p> 	Begin from week 10	Begin from week 8	<ul style="list-style-type: none"> Put a heavy band around your legs just above your knees Descend in to a mini squat Push your knees out in to the band and maintain this Micro shuffle sideways hardly lifting your feet from the floor Keep pushing your knees out against the band to keep your gluteals switched on 	Heavy resistance band	5 meters	2-4 in either direction	x 1 Daily