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Gluteus Repair

Surgery:

- 1.5-2.5 Hours Long
- Same Day Surgery
- Anesthesia may offer & recommend a nerve block for pain control

Surgical Goals:

- Repair/Clean Tissue
- Diagnostic evaluation of hip joint (treat if necessary)
- Decrease Pain/Improve Function

General Timeline After Surgery:

- 0-6 weeks Post-Op: Toe touch weight bearing with crutches. Advance to full range of motion as tolerated. On the day of surgery a range of motion and ice machine are provided to facilitate recovery
 - **Start formal Physical Therapy 2 weeks after surgery date**

(Find a physical therapist that's close to home and covered by insurance)
 - 6-12 weeks Post-Op: Slowly progress to full weight bearing with the guidance of physical therapy by 10 weeks post-op. Full range of motion. Can begin light strength exercises with focus on core and hip strength. Low impact activity such as swimming and biking okay to start.
 - 3-6 Months Post-Op: Full weight bearing. Full range of motion. Physical therapy should focus on balance and strength activity. Anticipate full return to activity around 6 months post-op.
 - **Typical Post-Op Appointments: 4 weeks, 4-6 months, and 1 year out from surgery date**
- *Changes to timeline may occur if other issues are noted during surgery***

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