

Physiotherapy Department

Exercises following hip arthroscopy

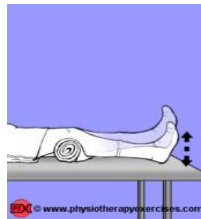
*only do the exercises the physio has told you to do

Circulation and Breathing Exercises

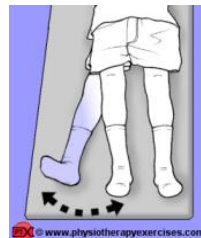
- Deep breathing and hold breath in 3 seconds 5 x
- Ankle pumping 10 x
- Tense thigh muscles. Hold 5 seconds. 10 x
- Tense bottom muscles. Hold 5 seconds. 10 x

Strength / ROM Exercises

- Inner range quads
Place a towel under knee,
Push down into the towel
and lift your foot up.
Hold 5 seconds. 10 x



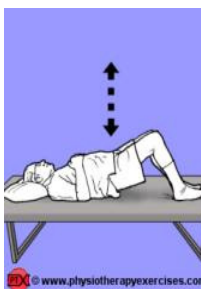
- Hip Abduction
Slide leg sideways and
Then back towards the
Middle. Repeat 10x



- Hip / knee bends
Slide your foot up the bed
Towards your bottom
Repeat 10x



- Bridging
Bend both knees up, push
through your heels and lift
your bottom up.
Hold 5 seconds 10x

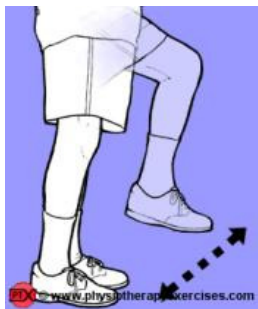


STANDING EXERCISES – from day of operation onwards

- Small squats – hold railing, back straight, bend both knees forward. Repeat x10
- Lunges – one leg forward, bend front knee (back leg straight). Repeat x10 each leg



Knee bends – Hold rail, bend knee up towards your hips. 10 times with each leg



Leg sideways - 10 times with each leg



Leg backwards – 10 times with each leg



EXERCISE BIKE – from day of operation onwards

Set minimal resistance on the bike
 Sit at a comfortable height allowing for a fair bend of your hip and knee
 Cycle for 5-10min initially

STAIRS

GOING UP - **Good leg** up first, then **affected leg**, and finally **stick / crutches**

GOING DOWN – **Stick / crutches** down first, then **affected leg** down, and finally **good leg**

Hip arthroscopy precautions

- Avoid impact activities (eg jogging, running, jumping, aerobics, any jarring exercise) for 6 weeks
- No deep bending of hip (eg knee to chest) 6 weeks
- If you have had an osteoplasty:
 - Inflammation & discomfort may be slower to settle
 - No heavy load bearing through hip for 12 weeks

Follow up physiotherapy and home exercise program

- Please make an appointment to see a private physiotherapist within 2-3 days of discharge from hospital
- Discontinue crutches when you feel comfortable to do so (often 1-5 days) or following your review with a physiotherapist
- Follow up physiotherapy will continue with exercises to strengthen and restore range of motion and flexibility to your hip and also be involved in your rehabilitation with respect to returning to activities and sport (if desired)
- Continue to perform all hip lying and standing exercises 3x per day
- Reintroduction of activity needs to be graduated - concentrate on building volume before intensity
- You can start the following activities immediately:
 - Walking within limits of comfort
 - Swimming freestyle (Use pool buoy or fins, no tumble turns or breaststroke, use waterproof dressings)
 - Elliptical/ cross trainer
 - Exercise bike (Upright posture with seat & handle bars elevated to avoid deep bending of hip)
 - Hydrotherapy (use waterproof dressings)
- **DO NOT BE AFRAID** to use your hip, however, activity and physiotherapy should be comfortable
- Return to a run program starting at 6 weeks, or if you have had an osteoplasty, 6-12 weeks (depending on surgeon's advice)