

Hip Arthroscopy Exercises

Patient Information



What you need to know about your exercises ...

Hip Arthroscopy Exercises

Introduction

The following exercises are to help increase range of movement and strengthen muscles around your hip

- The exercises should not increase your pain.
- It is normal to feel some aching, stretching or slight discomfort when doing the exercises.
- If you feel an exercise is causing you intense and lasting pain (e.g. for more than 30 minutes) change the exercise by doing it less forcefully or less often.
- The key is to do the exercises 'little and often'.
- You can use painkillers and/or an ice pack to reduce the pain before you exercise if necessary.

Initial Phase

1. Static Quadriceps contraction



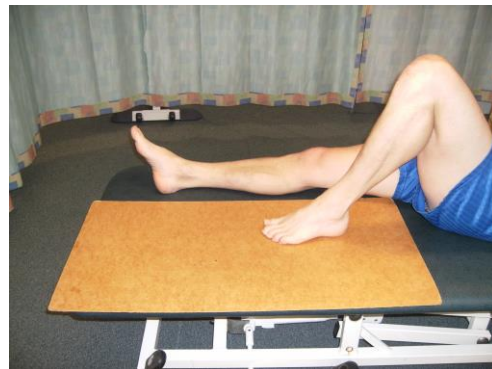
Lying on your back with your legs straight. Bend your ankle and push your knee down firmly against the bed. Hold for 5 seconds then relax. Repeat 10 times

2. Inner range Quadriceps



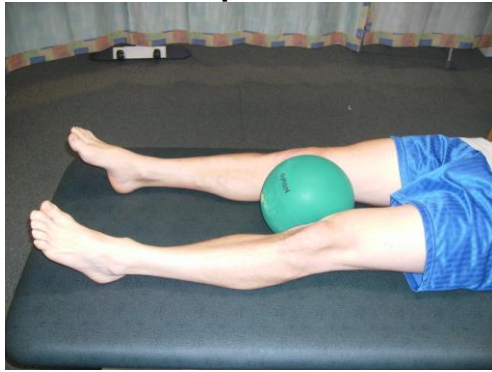
Lying on your back put a cushion or ball under your knee. Pull your foot up, tighten your thigh muscle and straighten your knee keeping your knee on the cushion/ball. Hold for 5 seconds then slowly lower. Repeat 10 times.

3. Hip and knee flexion



Lying on your back with a sliding board under your leg. Bend and straighten your hip and knee by sliding your foot up and down the board. Repeat 10 times.

4. Adductor squeezes



Lying on your back with your legs straight and a ball between your knees. Squeeze the ball. Hold for 5 seconds then relax. Repeat 10 times



Lying on your back with your hips bent to 60° and a ball between your knees. Squeeze the ball. Hold for 5 seconds then relax. Repeat 10 times



Lying on your back with your hips bent to 90° and a ball between your knees. Squeeze the ball. Hold for 5 seconds then relax. Repeat 10 times

5. Bridging



Lying on your back with your knees bent and feet flat on the floor. Squeeze your buttocks together and lift your bottom off the floor. Return to starting position. Repeat 10 times.

6. Bent knee fall outs



Lying with your knees bent and your feet on the floor hip width apart. Let the knee of your operated leg drop out to the side feeling the stretch in your groin. Return to the starting position. Repeat 10 times.

7. Hip adduction



Lying on your side with top leg bent in front of lower leg and the foot on the floor. Roll top hip slightly forwards, use top arm to support you in front. Lift lower leg off the floor and return to starting position. Repeat 10 times.

8. Sitting Figure 4 Position



Sitting on a chair with the foot on the opposite knee. Gently push your knee towards the floor. Repeat 5 times.

9. Hip flexion in standing



Standing straight, holding onto a chair. Lift your knee towards your chest and then lower. Repeat 10 times.

10. Hip abduction in standing



Standing straight, holding onto a chair. Lift your leg sideways and return to starting position, keeping your trunk straight. Repeat 10 times

11. Hip rotation in standing



Standing straight, holding onto a chair. Rotate your hip. Repeat 10 times.

12. Static bike



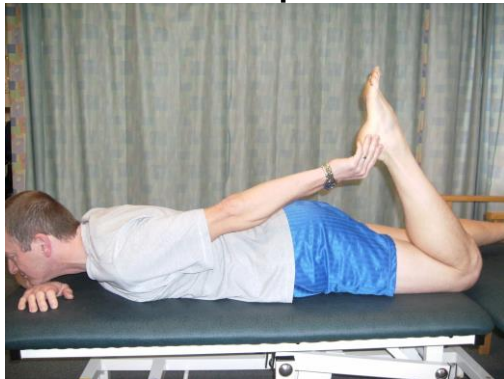
Intermediate Phase

1. Hamstring stretch



Lying on your back, lift your leg towards your chest and place your hands behind your thigh. Straighten your knee and feel the stretch in the back of your thigh. Hold for 30 seconds. Repeat 5 times

2. Prone Quadriceps stretch



Lying on your front. Bend your knee, hold onto your foot and pull your foot towards your bottom, feeling the stretch in the front of your thigh. Hold for 30 seconds. Repeat 5 times.

3. Clams



Lying on your side with your knees bent. Tighten your buttocks, keeping your feet together, lift your top knee as far as you can without letting your pelvis rotate forward or back. Repeat 10 times.

4. Wall slides



Standing, leaning with your back against a wall and your feet away from the wall. Slowly slide down the wall as far as you feel comfortable then slowly return to your starting position. Repeat 10 times.

5. Hip Abduction in Lying



Lying on your side, keep your leg on the bed bent and your upper leg straight. Lift your upper leg straight up with your heel leading the movement, Slowly lower. Repeat 10 times.

6. Single leg bridging



Lying on your back with your knees bent. Lift your hips up off the bed and keep your hips up whilst lifting one foot off the bed and straightening your knee. Lower your foot down. Repeat 10 times.

7. Balancing



Stand on a cushion. Lift your leg and balance for as long as you can.

8. Sit to stand



Sitting with your arms crossed.
Stand up then sit down slowly on a
chair. Repeat 10 times



9. Step ups



Standing in front of a step. Step up leading with your operated leg first. Repeat.

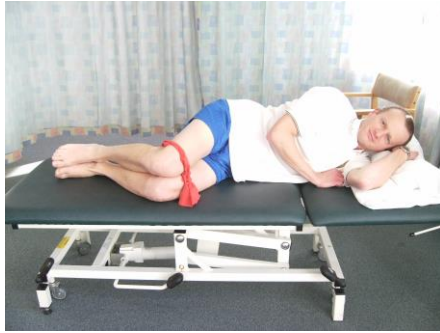
10. Superman



On your hands and knees. Lift your opposite arm and leg to a horizontal position. Hold for 10 seconds, trying to keep your body still. Repeat 5 times.

Advanced Phase

1. Resisted Clams



Lying on your side with your knees bent and a theraband placed around your thighs just above your knees. Tighten your buttocks, keeping your feet together, lift your top knee as far as you can without letting your pelvis rotate forward or back. Repeat 10 times.

2. Single leg dips



Stand on your operated leg. Slowly bend your knee then return to your starting position. Repeat 10 times.

3. Plank



Resting on your elbows and your toes, lift your hips off the bed keeping your body in a straight line. Hold this position for as long as you can.

4. Sideways plank



Resting on one elbow and the outside of your foot of your lower leg. Lift your hips off the bed keeping your body in a straight line. Hold this position for as long as you can.

5. Lunges



From a standing position, lunge forward with your operated leg, keeping your knee over your foot and then return to your starting position. Repeat 10 times.

6. Squats



From a standing position, cross your arms, keep your feet flat on the floor and squat down as far as you feel is comfortable. Return to your starting position. Repeat 10 times.

Further information and advice

If you would like any advice or information you can contact the Dorset County Hospital physiotherapy department on 01305 255314 or the Weymouth Community Hospital physiotherapy department on 01305 762671.

You can also contact NHS Direct 24 hours a day on 0845 46 47 or www.nhsdirect.nhs.uk

You can contact our Patient Advice and Liaison Service (PALS) on free phone 0800 7838058 or pals@dchft.nhs.uk

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