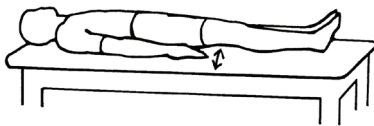


AFTER HIP ARTHROSCOPY SURGERY

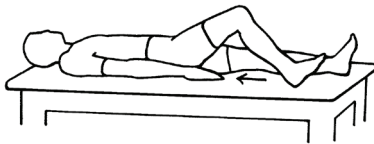
LYING EXERCISES

These can all be performed on your bed at home.



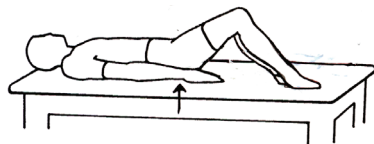
STATIC GLUTS & QUADS

Squeeze buttocks together tightly and push knees down into the bed at the same time. Hold for 5 seconds.



HIP FLEXION

Slide your heel up the bed, bending your hip. Plastic bag under heel if this is difficult.



BRIDGING

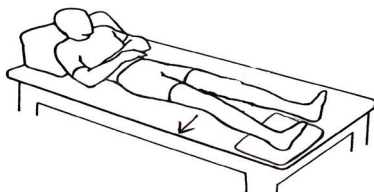
Exhale as you squeeze buttocks and draw your belly button towards your spine.

Lift pelvis up as high as you can comfortably.

Hold for 5 seconds.

Progression: Have arms crossed across chest.

Slowly lower to the bed.



SUPINE HIP ABDUCTION

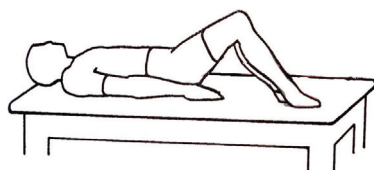
Exhale and draw your navel towards your spine.

Keep pelvis still (you can bend your opposite knee to help this).

Slide operated leg outwards.

Keep knee cap and toes pointing up.

Plastic bag under heel if this is difficult.



SUPINE HIP EXTERNAL ROTATION

Have both knees bent and your feet close together. Exhale as you draw your belly button towards your spine.

Slowly move your knees apart to get a gentle stretch along your inner thigh.

Do not allow your lower back to lift off the bed.

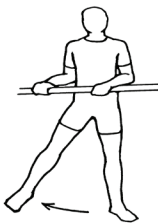
Hold for 5 seconds then draw knees back together.

STANDING EXERCISES

DO NOT risk a fall, stand close to a stable support such as your kitchen bench.

Remember to:

- Stabilise your pelvis.
- This can be done by tightening your core and buttock muscles (squeeze your bottom and draw your belly button towards your spine).
- Stand tall.



HIP ABDUCTION

Stand with non-operated leg on low platform or telephone book.
Keep pelvis level – draw navel in and tighten buttocks.
Slowly move your operated leg out to the side then back in.
Keep shoulders over hips at all times.



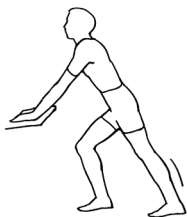
HIP FLEXION

Slowly lift leg forward and up as far as you can comfortably.
Do not lift your knee higher than your hip.
Slowly lower your leg down back to starting position.



STEP STANCE BALANCE

Do not risk falling, stand close to a stable support & use an aid as well (e.g. crutch or stick).
Stand tall, feet shoulder distance apart.
Step forward moving some weight onto front leg, keep the front knee straight, and lift heel of the leg behind. (See picture).
Hold briefly and then step back with control.
Repeat on each side _____ times.



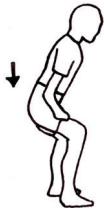
CALF STRETCH

Place your operated foot back with your knee straight and your heel on the floor.
Lunge forward with your un-operated /front leg.
Feel a gentle stretch in your calf.
Hold for 30 seconds.



HEEL RAISES

Stand tall.
Push into balls of feet.
Raise heels as high as you can.
Slowly lower.
Progression – single leg heel raise.



¼ SQUAT AT BAR

Do not risk falling, hold on to a stable support.
Feet shoulder width apart.
Knees in line with toes.
Push hips back.
Lift chest, bring head and shoulders forward slightly.
Weight even through both feet.
Do _____ repetitions.



STAIRS

a) Step Up

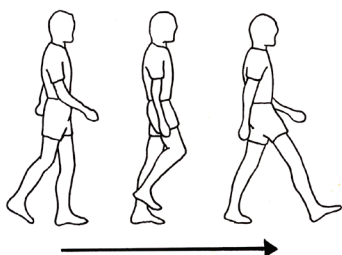
Place operated leg on step.
Use handrail and crutch/stick for support as needed.
Step forwards and up with other leg.
Repeat on other side.

b) Step Down

Standing on the step facing down.
Use handrail and crutch/stick for support as needed.
Bend knee of operated leg and lower other leg onto the floor.
Come back up placing good foot on the step.

c) Stairs instructions

On the way up the stairs – good leg, bad leg, walking aid.
On the way down the stairs – walking aid, bad leg, good leg.



WALKING

Go for a walk several times daily.
Increase your walk every day, until you can manage a 20-30 minute walk.
You should always use your 2 walking aids outdoors for at least 6 weeks unless told otherwise by your health professional.