

Post-Op Hip Arthroscopy Home Exercises

PRONE LYING:

Lie face-down on your stomach with arms at your side and fully relax all your muscles.

Note: When moving in and out of this position, brace your abdominal muscles to minimize movement and any pain at the spine. Complete this for 2-3 hours per day until your first postoperative appointment.



QUAD SET:

Sit up straight with affected leg straight. Push your knee down in to the table/floor flexing your quad. Look for your knee cap to move towards your body as you flex and focus on using you quad to straighten your knee and not your hip to extend.

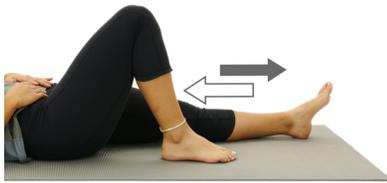
Repeat	20 Times
Hold	5 Seconds
Complete	1 Set
Perform	2 Times a Day



GLUTE SET:

Lie on your back with your legs straight. Tighten your gluteal (rear end) muscles by squeezing together.

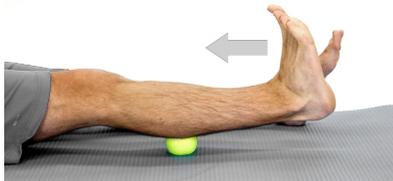
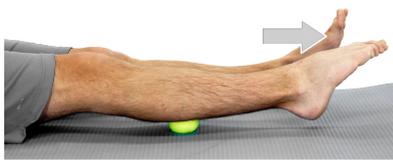
Repeat	20 Times
Hold	5 Seconds
Complete	1 Set
Perform	2 Times a Day



HEEL SLIDES:

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee. Hold a gentle stretch in this position and then return to original position. Do not flex your hip past 90 degrees until your first postoperative appointment.

Repeat 20 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Times a Day



CALF PUMP:

Sit on the floor and place a small ball or padding under your calf. Next, bend your ankle up and down.

Repeat 20 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Times a Day



TIB ANT ISOMETRICS:

Sitting with your feet on a slant board (downhill) with hip flexed 90 degrees or less, bring your toes up toward your head, pull from under the inside of your foot.

Repeat 20 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Times a Day