

Post-op hip arthroscopy progression

Phase 1 (weeks 1-3)

Goal -protect the joint and avoid irritation.

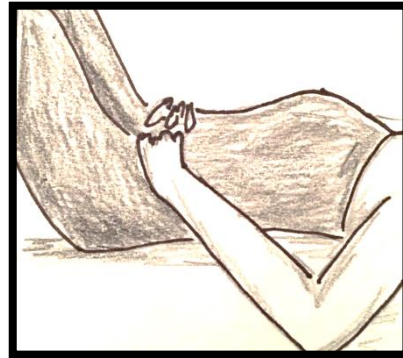
Lower abdominal activation

Cannot progress to next exercises until activation of these muscles has been achieved

- Start by lying on your back, feeling the two bones in the front of your pelvis, sliding your fingers just inward from them.
- Pretend there is a string attaching those 2 bones, and imagine pulling that string tight. Feel the muscles contract under your fingers. Contract your butt muscles, curling your tail bone under.
- Breathe out and bring your rib cage down as you contract
- When you breathe in, don't let the ribs come back up

Hold for a 5 count.

Repeat ___times, ___sets, ___X a day



Pelvic diagonals or circles

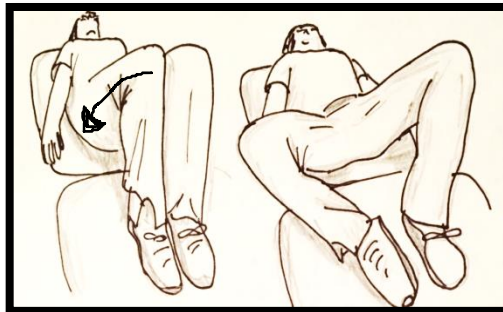
Make circles with your pelvis clockwise and counterclockwise

Bent knee fall outs

Maintain the contraction as described above, Contract your buttock muscles as well, and hold

This as you drop your leg slowly to one side.

Repeat ___times, ___sets, each side.



Faber slides

Slide the ankle of one leg up the shin of the other

While maintaining lower abdominal and glut contraction

Repeat ___times, ___sets, each side.



Prone Isometrics

Lie on your stomach, "pull the string" to contract your

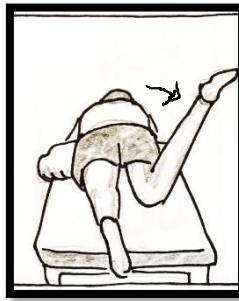
Abdominals, contract your buttock muscle and your

Front thigh muscle, pull your toes up. Hold for ___seconds



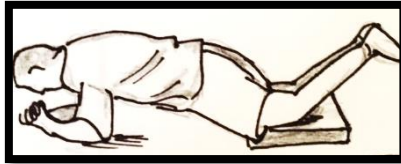
Prone hip rotation.

Lie on your stomach, engage all the core muscles, and rotate your hip first in, then out while maintaining contraction of the muscles.
Repeat ___times, ___sets, each side.



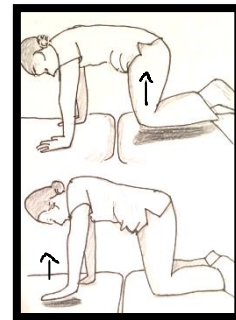
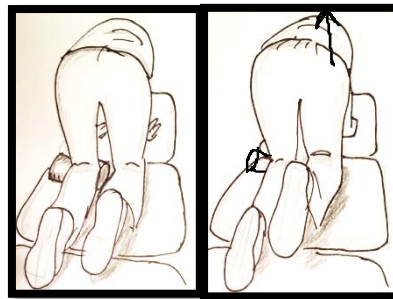
Modified planks

Get up on elbows, and knees, straighten your back and lift it off the ground. Hold ___sec, repeat ___



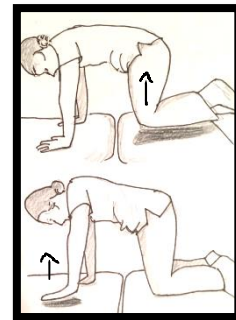
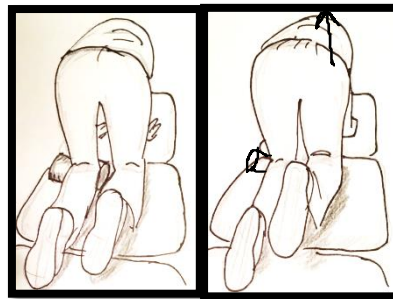
Modified Side Planks.

Turn to one side, come to one elbow, bend knees, lift up on the elbow and knee and hold ___sec ___reps



Multifidus contraction

On all 4s, start with rocking forward and back
Place a folded towel under one knee, try to lift the other so that your back is level, hold for ___seconds, ___reps
Repeat on the other side
Try to lift one arm, hover ___sec, ___reps
Try to lift up one leg, hover ___sec ___reps
If this is hard on the knees, do it on your stomach with a pillow under your tummy



Clams (posterior glut. Med)

Lie on your side, knees bent, keeping your hips neutral, in line with your body. **PUT A PILLOW UNDER YOUR SIDE**
Contract your buttocks, and "pull the string" activating your lower abdominals
Keep your feet together, and lift your knee up like a clam shell. You should feel the muscle in your back pocket working, not the front of your thigh.
Bring it all the way down to land, then re-set for next rep.
Repeat ___reps, ___sets



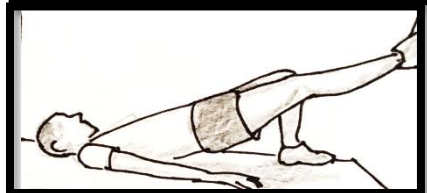
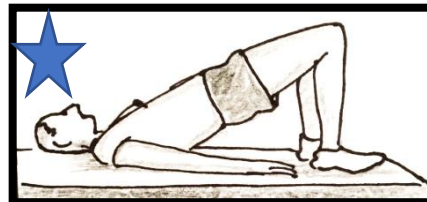
Reverse clams (anterior glut. Med)

Same set up as above, but this time, lift your foot up, leaving your knees together.

When you fatigue, rest! Don't keep going in bad form activating the wrong muscles

Bridge Progression

Need a band around knees to activate glutes
Only do starred exercises during phase 1.
*Focus on pushing down through the heels to facilitate the glut, calm down the hip flexors.

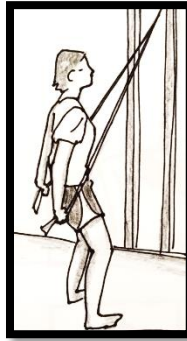


Standing shoulder extension and Scaption

* Use your crutches to get to the bands.

* Activate your core before using your arms

Repeat ____reps, ____times



Crutch Weaning

- DO NOT DO ONE CRUTCH
 1. It is not functional
 2. Can activate the wrong muscles, not activating gluteal muscles properly
- Use a cane rather than one crutch as advancement
- Use both crutches for long walks, none for short walks around the house
- Every step is exercise
- If there is some pain in the front of the hip, this is to be expected, it is a good thing, it means the bone is moving to the front of the capsule, and you need that motion back. Don't change your walking pattern to avoid it.
- Get rid of brace at 3 weeks, unless there is bad weather, you may fall.

Phase 2

Goal is non-compensatory walking, exercise progression, proximal control

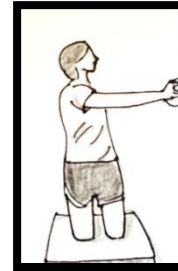
Standing rotation exercises

In tall kneeling, activate your core, lift the ball up and down

side to side

Rotate right and left.

Repeat ____times ____sets



Half kneeling

Same as above, do both sides



Flamingos

This activates the glute medius isometrically in weightbearing

Take one forefoot, wrap it around the other ankle

Pull your forefoot against the side of the other ankle

This cues you to shift more onto your heel.

Hold ____seconds, repeat ____times.

Single Leg Balance on surgical side

With isometric abduction non-surgical side

Stand next to a wall, good leg towards it. Lift the "good"

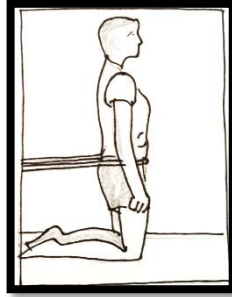
Leg up onto the wall, hip and knee bent. Push it into the

Wall. Hold ____sec ____times.

Hip Flexor strengthening

Eccentric Psoas

Kneel buttocks to heels with resistance



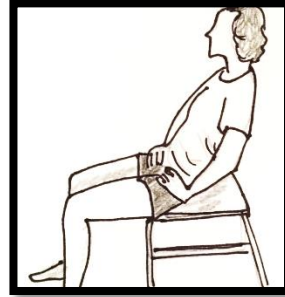
Seated Lean backs

*Place your feet on the ground, and place your hands on your inner thighs/ outer thigh near the groin.

*Lean back with your back straight, no pelvic tilt

*You should NOT feel those muscles under your hands contract.

Repeat ____ times ____ sets



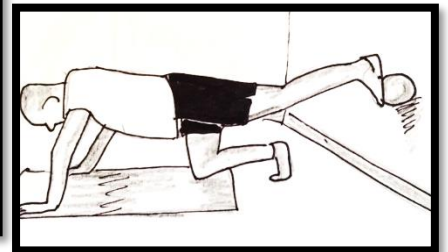
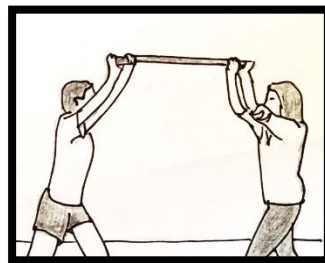
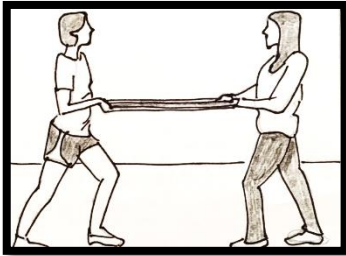
Pole Walks

Triple extension Heel ups at home.

Keep the "head lights" forward

Come up on your toe, straighten knee, extend your hip,

And push into the wall. Hold ____ sec ____ times.

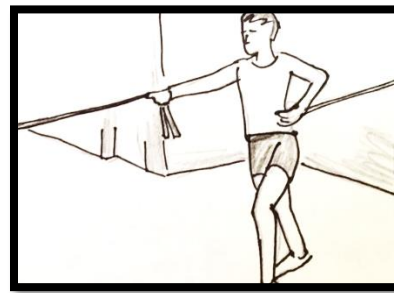
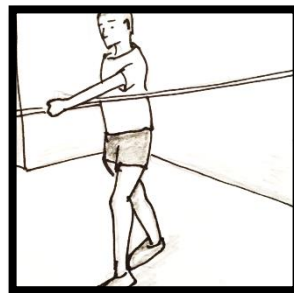


Internal Oblique punch /pulls

One leg forward, the other back, pull forward with right,

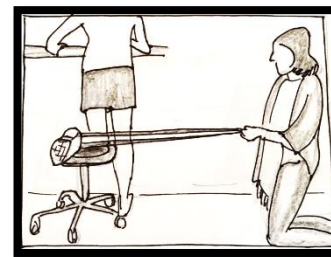
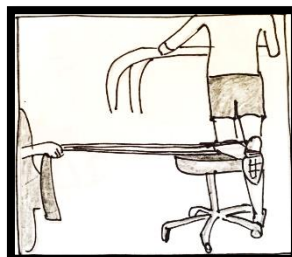
Back with left, then reverse.

Do each side ____ reps ____ sets



Resisted Internal and external rotation

Knee on stool, resist foot with band



Single leg stance with opposite leg flex/extend "runners"



Functional walking (no treadmill for 12 weeks)

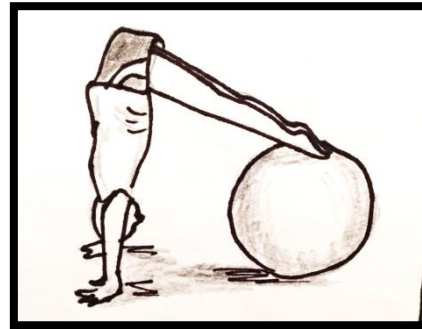
Phase 3

Hovers Progress to circle hovers.

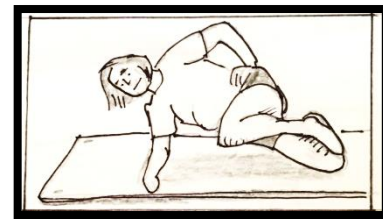
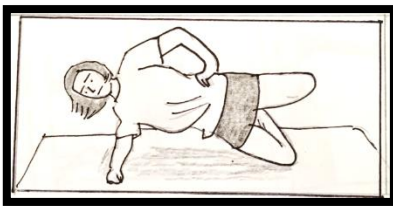


Pikes

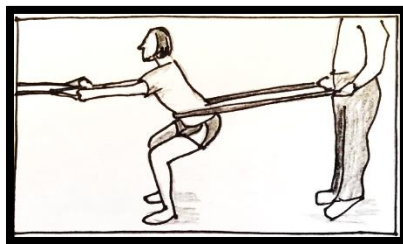
Start with going only to the knees, keep knees straight



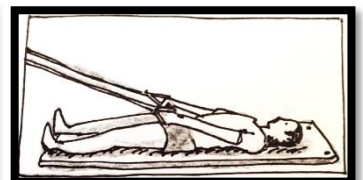
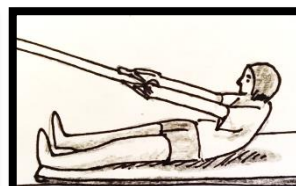
Side planks with front/back,
Up/down, and rotation



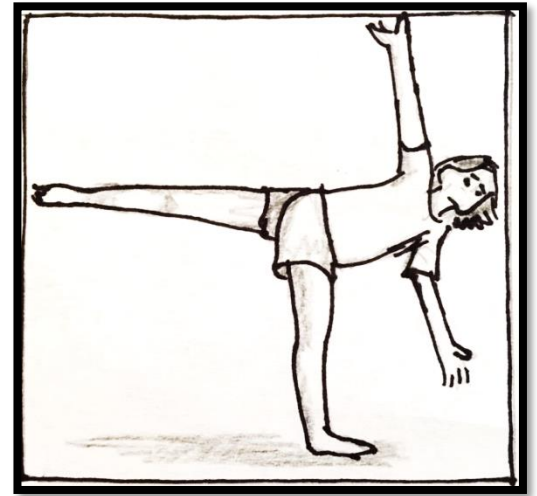
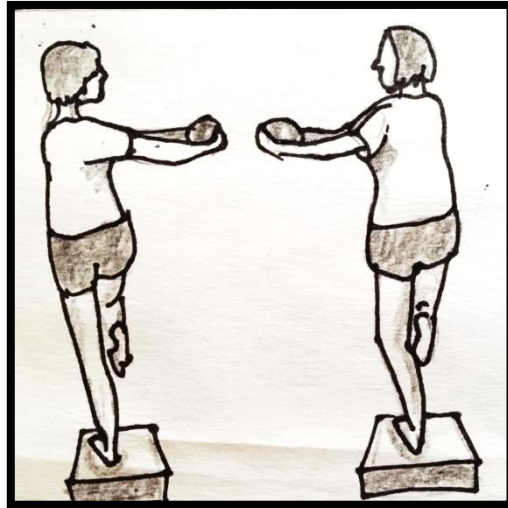
Resisted squat with thera-cord rows



core roll ups avoiding hip flexor activation



Functional movements including rotation



Phase 4

Return to sports/ work outs specific exercises

- Box jumps
- Lateral cutting
- Scissors jumps
- Agility drills
- Squat jumps
- etc