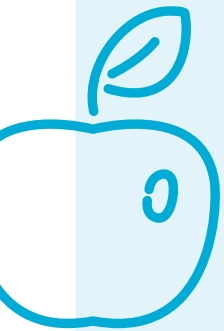


Hip Arthroscopy (Pre-Op)

So, you have been listed for a Hip Arthroscopy! before your operation it is really beneficial for you to try and make yourself as fit as possible.



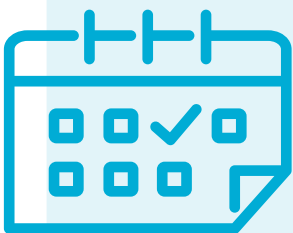
There is evidence of faster and safer recovery associated with eating a healthy diet in the time leading up to your operation. If you are overweight, it is important to lose weight in preparation for your surgery. This will reduce any risks associated with the anaesthetic and your new joint will last longer. Moderate exercise prior to your operation can help in keeping your bones strong and joints supple and regular everyday activity is useful. This should start as early as possible before surgery as the benefits may take a number of weeks to appear.



You will not cause any further 'damage' to yourself by participating an exercise program, however if you do have any concerns please liaise with your consultant or physiotherapy team. By developing further muscular strength you will not only improve your outcomes post-surgery but also protect your joint following surgery by providing a form of shock absorber.

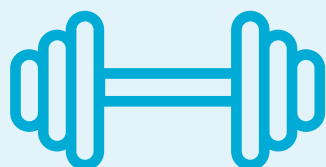


Below is a varied exercise plan that may help you; some exercise positions may need to need altered to reduce your hip pain but achieve maximal muscle effort. When exercising there is likely to be an element of pain, however the aim is not to exceed 3–4/10 where 0/10 is your base line. You should however find the exercises difficult and strenuous on the muscles, approximately 7–8/10 where 10/10 is maximal effort.



Strength Program

You should perform 8–12 repetitions 3–4 sets. If the exercises are easy, you can add additional weight to make them more challenging.

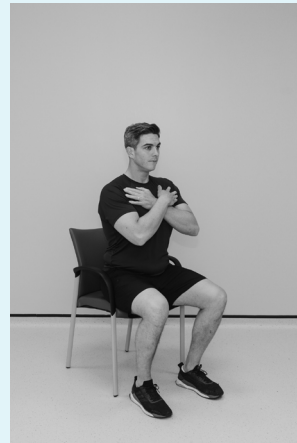




1. Bridge

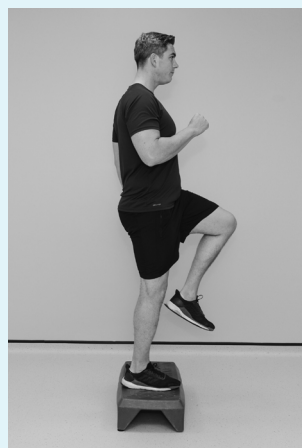
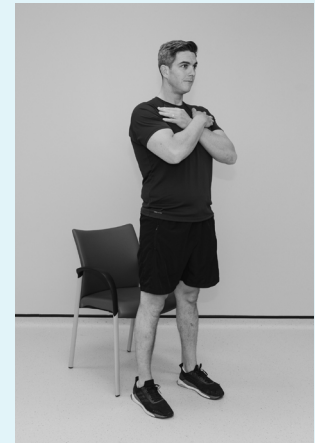
Lying on your back with your knees bent, with a band around your knees, squeeze your bottom muscles and tighten your stomach muscles. Keep your feet flat, dig your heels into the floor, this will increase the activity in your hamstrings. Lift your bottom off the bed until there is a straight line between your shoulders and knees, to add a further challenge, imagine there is a nut between your buttocks which you are trying to crush.

Hold for 5 seconds.



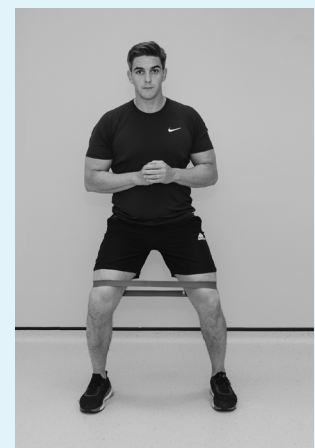
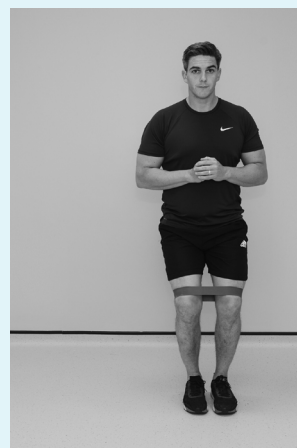
2. Sit to stand

In Sitting on a chair of appropriate height, with your feet flat on the ground, imagine you are trying to spread the ground apart. This will activate some of your lower limb muscles. Stand up without using your hands and imagine there is a nut between your buttocks which you are trying to crush, which will increase the muscle activity throughout the exercise. Slowly sit back down. As the exercise gets easier you can use a weight to make it more difficult.



3. Step up

Stand facing a step of appropriate height. Put your injured leg on the step and step up, bringing the other leg through at a right angle. Keep the movement as controlled as possible with your knee tracking over your second toe.



4. Crab walk

With the band around your knees/ thigh assume a quarter squat position. Take medium size strides to the side and back again keeping tension on the band throughout for 8–12 steps and then change to opposite direction. To make this more difficult put the band around your feet.



5. Heel Raises

In standing, (hold onto something stable for support) with your heels over the edge of a step, drop your heels down and then push up on your tip toes as high as possible.



6. Front plank

Lying in your front with your arms tucked in by your sides, palms facing down. Tighten your tummy muscles and lift your hips off the bed, with only your knees and forearms on the bed. **Hold for 5 seconds, complete this 5 times and do 3 sets.** To make this more difficult you can try and spread the bed apart with your hands, increasing the level of muscle activation.



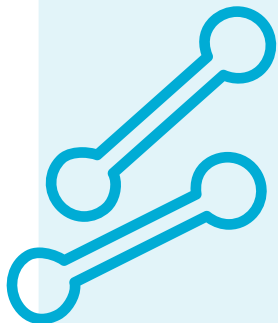
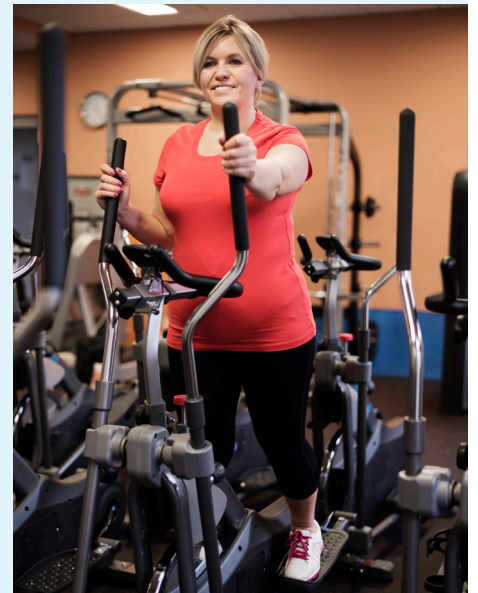
7. Side plank

In side lying with your knees at 90 ° in line with your hips and elbow directly under your shoulder. Raise your pelvis up into a partial side plank position without rotating at your pelvis or spine. **Hold for 5 seconds, completing 5 repetitions and 3 sets**

Cardiovascular Program



Regardless of age, weight or athletic ability, aerobic exercise is good for you. Cardiovascular exercise is also extremely important as it can not only improve your health and speed up your recovery, but it can also reduce the risk of post-operative complications. If walking causes increased pain, try swimming, cycling outdoors or using a static bike as this reduces the painful load on the joints and you can work hard whilst minimising pain. Regular cardiovascular exercise of an appropriate time and intensity for you (aim 20–45 minutes).



By accessing your local gym this will create a pathway for you to speed your recovery up post-surgery. Although we may not all like the gym, if we aim to return to activities such as walking, cycling, and other demanding activities the gym is a great way to condition you, to get back to these things quickly and safely.

