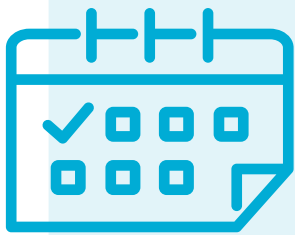


Hip Arthroscopy (Post-Op)

The main aim following surgery is to manage pain (ensure adequate pain relief) and reduce the risks of post-operative complications, to ensure an optimal outcome post surgery.



Your physiotherapist will have you up and moving on the day of surgery and you will be encouraged to walk with a normal gait pattern, using elbow crutches, ensuring that you are safe to go home. They will also start you on an exercise program to initiate movement of the hip and begin low level muscle activation exercises of your core and operated leg.

Movement Exercises

Repeat each exercise 10 – 15 times performing 3 sets 2 – 3 times a day.



1. Supine hip flexion

Lying on your back slowly slide your heel towards your bottom, flexing at your hip and return to starting position in a controlled manner.



2. Supine hip abduction

Lying on your back slowly slide your heel outwards, in a slow controlled manner and slowly return to starting position.



3. Bent knee fall out

In lying with your knee slightly bent, ensure your tummy is tight, slowly allow your knee to fall out to the side in a controlled fashion and return to the starting position.

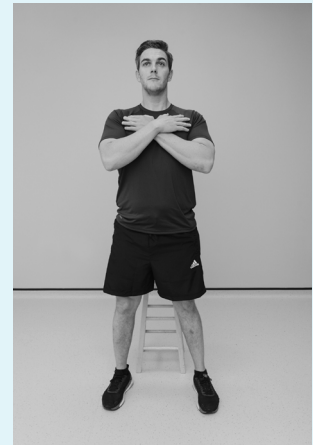
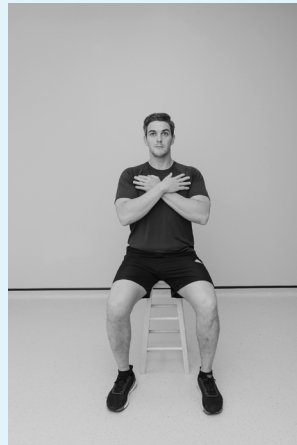
Muscle activation exercises



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 (high chair)

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. Core squeeze

In lying with your knees bent, gently squeeze your stomach muscles whilst almost trying to pull your pelvic muscles upwards.

Hold for 10 seconds.



4. Glute squeeze

Glute squeeze: in lying gently squeeze your bottom muscles together. **Hold for 10 seconds.**



5. Supported Single Leg Stand

In front of a stable surface (like the kitchen work top), stand tall on your affected leg, tensing your stomach and buttock muscles. Maintain balance for up to 1 minute.



6. Seated heel raises

In sitting push up onto your tip toes activating the calf muscles. **Hold for 10 seconds.**