

After Your Hip Arthroscopy

Your home exercise program

This handout describes exercises to do after having hip arthroscopy surgery. Please note that you will need a helper for 2 of these exercises.

Do Not Stay in Bed

- Get up and walk as much as you are able. Walk **at least 10 minutes every hour** while you are awake.
- Do **not** sit longer than 30 minutes at a time.

Exercises

Passive Hip Circumduction

- Lie on your back. Fully relax your muscles.
- Your helper will move your leg in small circles, first one direction and then in reverse. Your helper must **not** move your knee above your belly button or make circles wider than your shoulders.
- Do 150 circles— 75 clockwise and 75 counter-clockwise – 3 times a day.



Passive Hip Flexion

- Lie on your back.
- Keeping your knee slightly bent, your helper will gently move your leg up and down. The knee should bend only 30 to 60 degrees (see photos).
- Do 150 reps 3 times a day.



Prone Hip Flexor Stretch

- Remove your brace. Lie on your stomach for 10 to 20 minutes. This will lengthen the muscles on the front of your hip.
- Do this 7 to 8 times a day.



Ankle Pumps

- Sit on the floor or a table. With your affected leg straight, point your toes toward your head, then away.
- Do 20 to 30 reps 3 times a day.



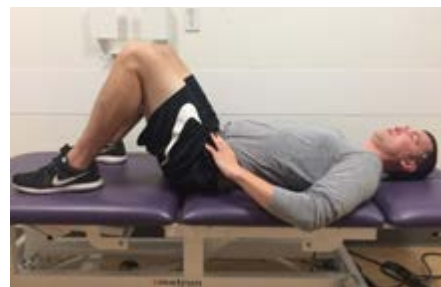
Gluteal Sets

- Lie on your back on a table or the floor.
- Tighten your buttock (butt) muscles. Hold for 5 seconds, then release.
- Do 20 to 30 reps 3 times a day.



Transverse Abdominal Sets

- Lie on your back on a table or the floor.
- Without moving your pelvis, squeeze your belly button toward your spine. Hold for 5 seconds, then relax.
- Do 20 to 30 reps 3 times a day.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 8.