

### Rehabilitation after hip arthroscopic surgery

Exercise	Week	1	2	3	4	5	6-8	8-10	10-12	12+	16+
	<b>Pre-discharge and immediate post-operative</b>										
Isometric – Glutes (static bridge,ext rot in prone squeeze)		•	•								
Isometric – Quads (SQ's, SLR, IRQ),Adductors (squeeze)		•	•								
Isometric – Hams (static bridge, heel digs)		•	•								
Isometric – Tr Ab setting/multifidus		•	•								
AROM ex's – ankle dorsi/plantar flexion		•	•								
AROM ex's - heel slides		•	•								
AROM ex's - BKFO, 4 point kneel flexion, prone int rot		•	•	•	•	•	•				
Gait re-education - heel/toe & good pelvic alignment		•	•	•	•	•					
<b>NB:</b> Hip AROM ex's to be guided by pain											
<b>Stretching</b>											
Hip flexors,glutes,hams,adductors (as able within pain limits)		•	•	•	•	•	•	•	•	•	
<b>Cardiovascular exercise</b>											
Walk		•	•	•	•	•	•				
Stationary bike			•	•	•	•	•				
Stepper / X-trainer					•	•	•				
Rower (only if flexion into this range is pain free)						•	•	•	•	•	
Jog								•	•	•	
<b>Core</b>											
Lower abdominal – level 1-5 (progress as able)					•	•	•	•	•	•	
4 point kneeling – progress with arm/leg ext & rotation				•	•	•	•	•	•	•	
Planks (side, fwds, rotating), ball roll outs, Russian twists					•	•	•	•	•	•	
Abdominal curls, mini crunches,					•	•	•	•	•	•	
<b>Strength /Control /Functional</b>											
Clams/sidelying abduction			•	•	•	•	•	•	•	•	
Bridging – double intially			•	•	•	•	•	•	•	•	
Squats – wall,smith machine,free weights,unstable surface						•	•	•	•	•	
Static lunges							•	•	•	•	
Dynamic lunges								•	•	•	
Single leg squats						•	•	•	•	•	
Single leg stance – rotation of opposite hip								•	•	•	
<b>Dynamic/Power/Plyometrics</b>											
Lunges – jump lunges, with resistance											•
Hopping – on/off trampette or box										•	•
Box jumps – bounding											•
Ski -fitter									•	•	•
<b>Hydrotherapy</b>											
Walking			•	•							
Aqua jogging (wounds clean)							•	•	•	•	
Swimming (wounds clean / no breaststroke for 8/52)			•	•	•	•	•	•	•	•	
<b>Sport</b>											
Contact											•
Non-contact									•		
<b>Manual Therapy</b>											
Physiological mobs			•	•	•						
Accessory mobs (no distraction for 6-8 weeks)						•	•	•	•	•	