

Name _____

Date _____

Physician _____



proaxistherapy™

Ice every 2-3 hours for 20 minutes

Post-Op Phase I Hip Arthroscopy Exercises (Page 1)

Ankle Pumps

- Repetitions 10 Sets 1.
- Repeat every hour.



Circumduction

- In flexion: Lay on back. Another person takes the hip to about 70° of hip flexion. Move the hip in a circular motion keeping the knee pointing straight up.
- In neutral: Lay on back with hip and knee straight. Another person brings the leg into about 10° of flexion and 10° of abduction. Move the hip in a circular motion keeping the knee pointing straight up.
- Performed 2 times/day for 5 minutes in each of two positions clockwise and counterclockwise (total 20 minutes)



Quadriceps Isometrics

- Tighten the thigh muscle by pushing the knee down into the bed until it is straight and bringing the knee cap up towards the hip
- Hold the contraction for 5-10 seconds.
- Relax and repeat.
- Repetitions 10 Sets 1. Repeat every hour.



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Post-Op Phase I Hip Arthroscopy Exercises (Page 1)

Gluteal Muscle Isometrics

- Tighten buttocks to contract gluteal muscles.
- Hold the contraction for 5-10 seconds.
- Relax and repeat.
- Repetitions 10 Sets 1.
- Repeat every hour.



TA Isometrics

- Place two fingers just inside and slightly down from pelvic bone.
- Draw belly button in slightly toward your spine (kegel exercise).
- You should feel tension under fingers without bulging and there should not be any movement of the pelvis or spine.
- Hold the contraction for 5-10 normal breaths. Relax and repeat.
- Repetitions 10 Sets 1. Sessions per day 2.



Bike

- Stationary upright bike without resistance.
- POD #0-14: 20 minutes maximum, 2x/day
- POW #3-6: 30 minutes maximum, 2x/day
- POW #7+: Can add resistance (per therapist decision)

Lay on stomach for \geq 2 hours/day