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*Work with the Best*

# Personal Exercise Program

Post op hip arthroscopy, Initial Exercises

Provided by : Claire Todd

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## Abdominal Setting

Lie on back with legs bent and feet together.

**ACTION:** gently pull your lower abdominal muscles towards your spine. (away from your belt)

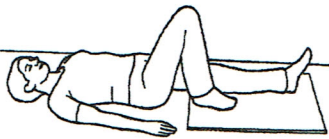


Hold for 3 secs. Repeat 10 times but try to increase the contraction time to 10 seconds. Do not hold your breath when doing the exercises. When you are able to sit, you can perform this exercise in an upright sitting position. For all exercises we recommend that you first "set" your abdominal muscles prior to moving the leg.

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## Leg Slides

Lying on your back .

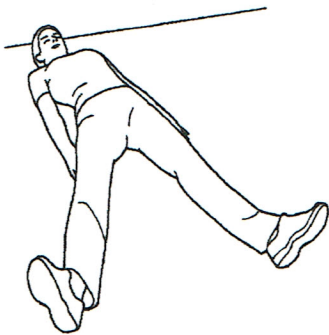


Slide the heel of your operated leg towards you, keeping your heel on the bed. (Initially, the first day you may need to assist the leg with your hand)

Repeat 5-10 times.

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Lying on your back, take your operated leg out to the side as far as you comfortably can and then take back to the centre.



Repeat 5-10 times.

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## External/Internal Rotation in lying (rolling the leg around its axis)

Lying on your back with your legs straight out in front of you, roll them inwards and outwards, as far as you comfortably can.



Then keep your legs still and just squeeze your buttock cheeks together.

Repeat 5-10 times of each exercise.

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### Hip Flexion in Standing



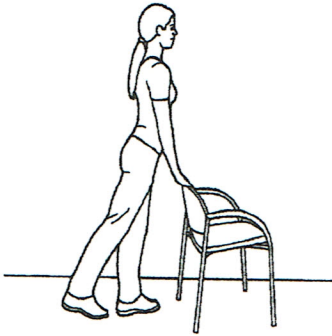
Stand on your non-operated leg and hold onto a stable surface (back of chair). Lift your operated leg to bend your knee towards 90 degrees.

Repeat 5-10 times.

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### Hip Extension in Standing



Stand straight holding on to a chair.

Bring your operated leg behind you, whilst keeping your knee straight. Try to avoid any lower back movement. Hold for 2 secs

Repeat 5-10 times.

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