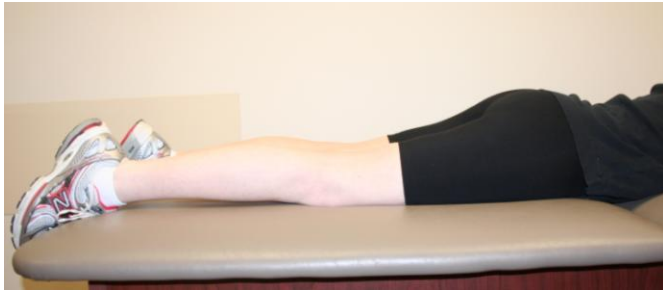


Craig S. Mauro, MD
Exercises after Hip Arthroscopy

1. Prone Lying



Lie on your stomach with your legs flat on the bed for 20 minutes. Perform 2 times a day.

2. Prone Gluteal Setting



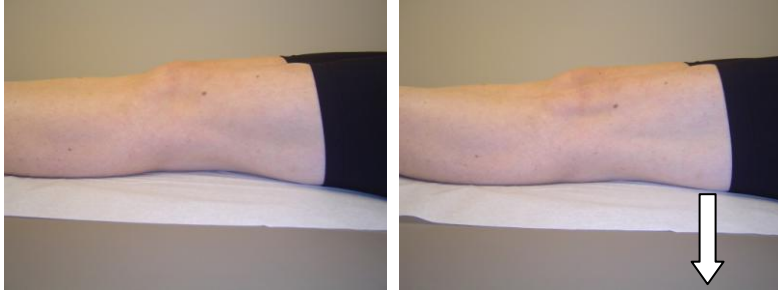
Lie on your stomach and place a pillow under your hips. Tighten gluteal muscles (squeeze buttocks cheeks together). Hold for 5 seconds and then relax. Perform sets of 10 repetitions, 2 times a day.

3. Prone Hip Internal Rotation



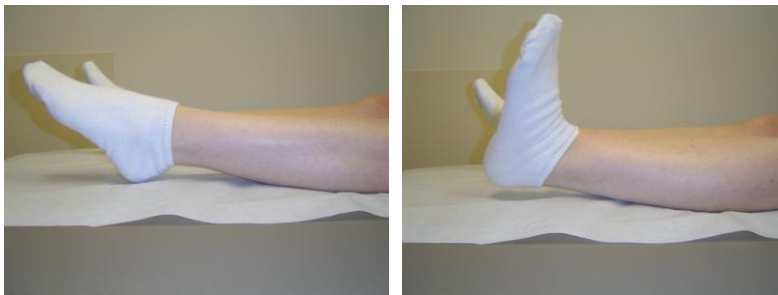
Lie on your stomach and bend your knees to 90°. Move your feet out to the side then back to the center. Perform sets of 10 repetitions, 2 times a day.

4. Quadriceps Isometrics (Quad Sets)



Lie on your back or sit with your surgical leg straight. Tighten the muscle in the front of your thigh as much as you can, pushing the back or your knee flat against the floor. Hold this tight for 5 seconds then relax. Perform sets of 10 repetitions, 2 times a day.

5. Calf Pumps



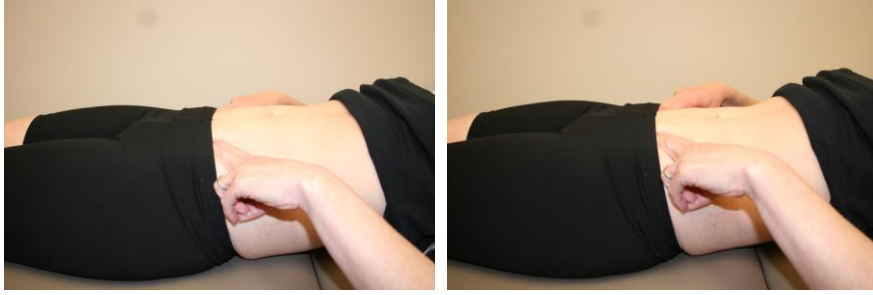
Point and flex your toes to tighten your calf muscles. Perform sets of 10 repetitions, 4 times a day.

6. Heel Slides



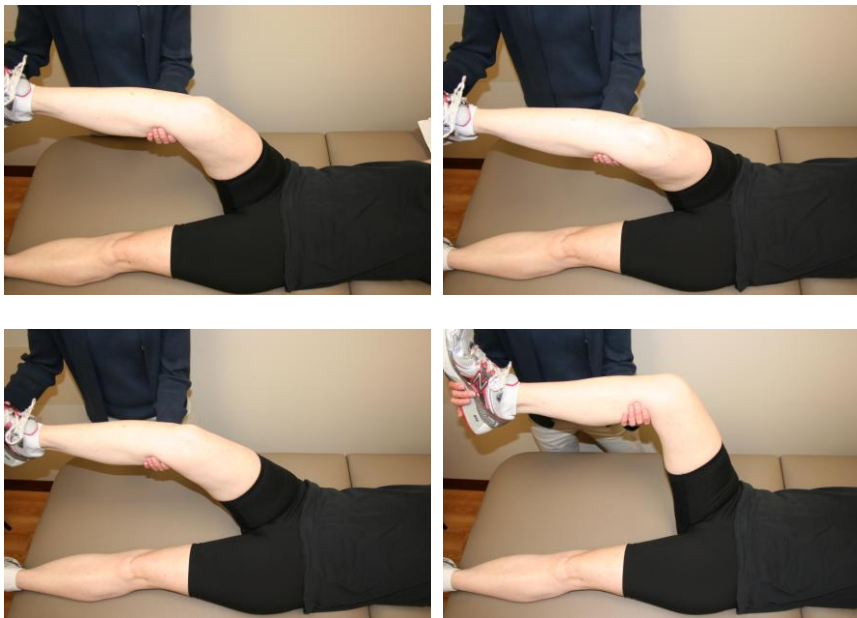
Lie on your back or sit with your leg straight. Gently slide your heel toward your hip. Slide your heel back so your leg is straight. Perform sets of 10 repetitions, 2 times a day.

7. Abdominal Setting



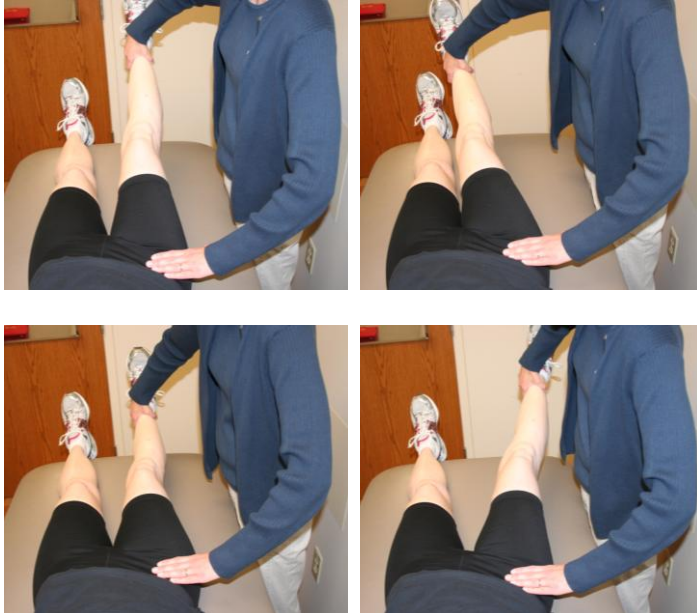
Lie flat on your back with your first two fingers just inside of your pelvic (hip) bone. Relax your abdominal muscles and take a deep breath in and out. At the end of your exhale, contract your abdominal muscles by drawing your belly button back toward your spine. Hold this contraction through ten normal breaths. Your spine and pelvis should not move. Perform 2 repetitions, 2 times a day.

8. Circumduction in Flexion



Lie on your back with your knee bent and your hip flexed about 70°. Have your partner gently rotate your hip in a clockwise circular “pendulum” motion for 5 minutes. Repeat this rotation in a counter-clockwise direction for 5 minutes. Do this series two times a day.

9. Circumduction in Neutral



Lie on your back with your leg straight. Have your partner lift and hold your leg at the ankle and slowly rotate your hip in a clockwise circular motion for 5 minutes. Repeat this rotation in a counter-clockwise direction for 5 minutes. Do this series two times a day.

10. Internal Rotation



Lie on your back with your leg straight. Have your partner roll your leg inward, and then relax back to the starting position. Perform sets of 10 repetitions, 2 times a day.