

# HIP ARTHROSCOPY REHABILITATION

## PHASE 1

## STATIONARY BIKE

**INSTRUCTIONS:** SET BIKE SEAT HIGH SO THAT KNEE EXTENDS TO APPROXIMATELY 5 DEGREES AT BOTTOM OF STROKE

NO RESISTANCE IS USED ON BIKE DURING PHASE I/II

PHASE III LOWER SEAT TO NORMAL HEIGHT AND GRADUALLY INCREASE RESISTANCE

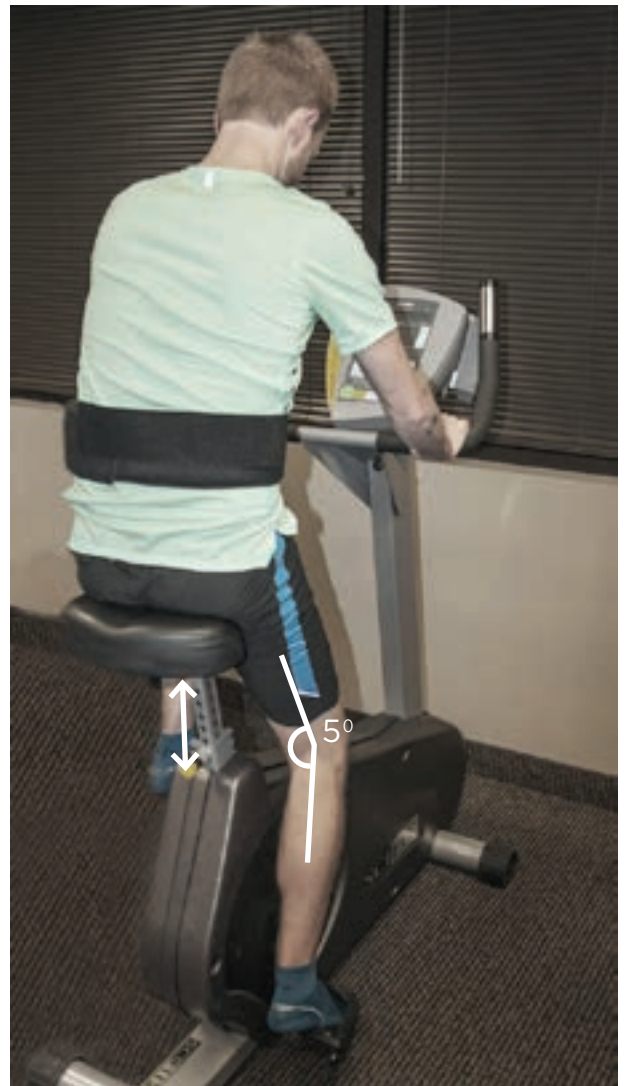
**REPS/DURATION:** MAX TIME 20 MINUTES

**TIMES PER DAY:** 2 TIMES PER DAY

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAINTAIN 20# WEIGHT BEARING RESTRICTIONS

DON'T PUSH INTO PAIN



## LOG ROLLS

**INSTRUCTIONS:** THERAPIST OR CAREGIVER GENTLY ROLLS AFFECTED LEG FROM NEUTRAL (TOES POINTED UP) INTO INTERNAL ROTATION (TOWARDS OTHER LEG) FOR 2-3 MINUTES

ABSOLUTELY NO EXTERNAL ROTATION (AWAY FROM OTHER LEG)



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

NO EXTERNAL ROTATION

## HIP CIRCUMDUCTION

**INSTRUCTIONS:** LYING ON YOUR BACK WITH HIP IN 70 DEGREES OF FLEXION (BENT), HAVE THERAPIST/CAREGIVER MOVE THE KNEE IN A **CLOCKWISE** CIRCULAR PENDULUM MOTION FOR 5 MINUTES

LYING ON YOUR BACK WITH HIP IN 70 DEGREES OF FLEXION (BENT), HAVE THERAPIST/CAREGIVER MOVE THE KNEE IN A **COUNTERCLOCKWISE** CIRCULAR PENDULUM MOTION FOR 5 MINUTES

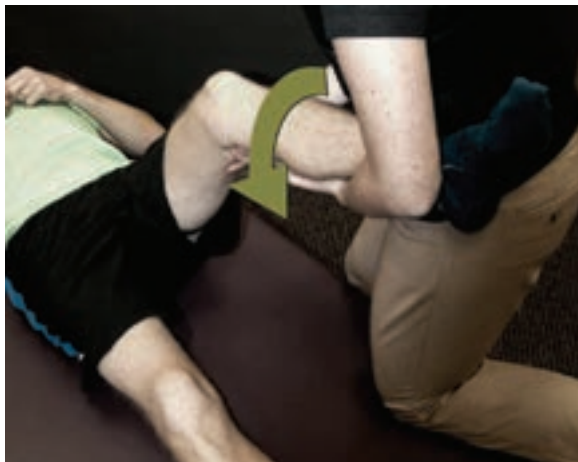
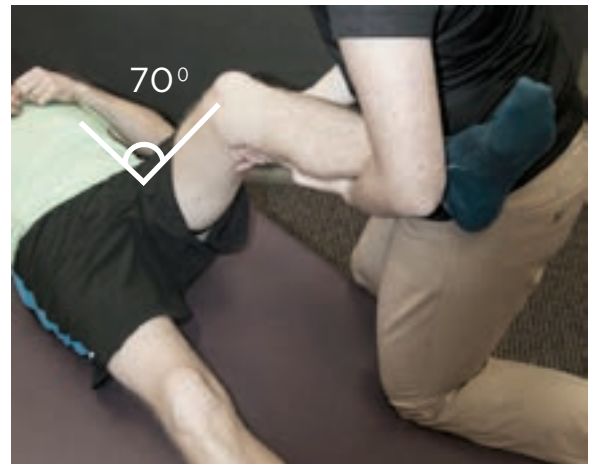
**REPS/DURATION:** 5 MINUTES

**DO NOT PUSH INTO PINCH OR PAINFUL POSITION**

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAINTAIN NEUTRAL ROTATION

GRADUALLY INCREASE SIZE OF CIRCLES, AS  
GUARDING ALLOWS



## SOFT TISSUE MOBILIZATION

**INSTRUCTIONS:** LYMPHATIC OR LIGHT SOFT TISSUE TECHNIQUES (SUCH AS EFFLEURAGE) ARE UTILIZED TO FLUSH FLUID/SWELLING FROM THE HIP

PETRISSAGE (KNEEDING MASSAGE), MYOFASCIAL, OR DEEPER STRUMMING TECHNIQUES ARE UTILIZED TO MOBILIZE DEEPER TISSUES AFTER INITIAL SWELLING AND INFLAMMATION HAS SUBSIDED

ADDRESS THE TENSOR FASCIAE LATAE, ILIOTIBIAL BAND, GLUTEALS, ADDUCTORS (MUSCLES OF THE HIP), AND THE LOW BACK



### SPECIAL INSTRUCTIONS FOR THERAPIST:

ADDRESS AREAS OF SPASM OR TIGHTNESS



## SEATED HAMSTRING STRETCH

**INSTRUCTIONS:** IN A LONG SITTING POSITION WITH YOUR FEET STRAIGHT OUT IN FRONT OF YOU, REACH TOWARD YOUR FEET

**REPS/DURATION:** 3 REPS/HOLD FOR 30 SECONDS

**TIMES PER DAY:** 2 TIMES PER DAY



## GLUTE SQUEEZES

**INSTRUCTIONS:** GENTLY CONTRACT GLUTE MUSCLES

**REPS/DURATION:** HOLD FOR 5 SECONDS AND REPEAT 10 TIMES

**TIMES PER DAY:** REPEAT HOURLY WHILE AWAKE



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

GLUTES ONLY (NO COMPENSATORY FIRING)



## QUAD SETS

**INSTRUCTIONS:** GENTLY CONTRACT THIGH MUSCLES UNTIL KNEE IS STRAIGHT

**REPS/DURATION:** HOLD FOR 5 SECONDS AND REPEAT 10 TIMES

**TIMES PER DAY:** REPEAT HOURLY WHILE AWAKE





## TRANSVERSE ABDOMINIS ISOMETRICS

**INSTRUCTIONS:** PLACE FIRST 2 FINGERS JUST INSIDE PELVIC BONE

TAKE A DEEP BREATH IN AND OUT, RELAXING ALL YOUR AB MUSCLES. AT THE END OF YOUR EXHALE, DRAW IN YOUR BELLY BUTTON TOWARD YOUR SPINE/KEGEL EXERCISE



YOU SHOULD FEEL TENSION UNDER YOUR FINGERS AND THERE SHOULD BE NO MOVEMENT OF THE SPINE OR PELVIS

**REPS/DURATION:** HOLD THE CONTRACTION THROUGH 10 NORMAL BREATHS

**TIMES PER DAY:** REPEAT HOURLY WHILE AWAKE

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

NO COMPENSATORY MUSCLE FIRING

## ABDUCTION ISOMETRICS

**INSTRUCTIONS:** IN HOOK LYING ( KNEES BENT AND FEET FLAT ON THE FLOOR), GENTLY PRESS OUTSIDE OF KNEE INTO THERAPIST/CAREGIVER

REPEAT WITH RESISTANCE ON THE INSIDE OF THE KNEE

**REPS/DURATION:** HOLD FOR 5 SECONDS AND  
REPEAT 10 TIMES

**TIMES PER DAY:** REPEAT HOURLY WHILE  
AWAKE



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

NO INTERIOR HIP COMPENSATIONS OR  
MUSCLE FIRING

RECRUIT DEEP CORE FIRST

## PRONE LYING

**INSTRUCTIONS:** LAY ON STOMACH FOR 2-3 HOURS A DAY TO DECREASE TIGHTNESS IN THE FRONT OF THE HIP

PATIENTS WITH LOW BACK PAIN MAY HAVE TO MODIFY POSITION



**REPS/DURATION:** 2-3 HOURS A DAY

**DO NOT PUSH EXTENSION PAST 0 DEGREES**

## CAT AND CAMEL

**INSTRUCTIONS:** KNEELING ON YOUR HANDS AND KNEES, BEGIN WITH YOUR BACK IN NEUTRAL POSITION

- ROTATE HIPS BACKWARD WHILE ARCHING YOUR BACK UPWARD
- REVERSE DIRECTIONS AND ROTATE HIPS FORWARD WHILE EXTENDING YOUR BACK

**REPS/DURATION:** 20 REPS

**TIMES PER DAY:** 2 TIMES PER DAY



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

PAIN FREE RANGE

MAKE SURE MOTION COMES FROM  
LUMBOSACRAL SPINE

## STANDING ABDUCTION WITH INTERNAL ROTATION

**INSTRUCTIONS:** STANDING ON NONSURGICAL LEG WHILE KEEPING SURGICAL LEG STRAIGHT, ROTATE *VERY SLIGHTLY* INTO INTERNAL ROTATION (POINT TOES INWARD)

- LIFT YOUR LEG OUT TO THE SIDE
- DO NOT LEAN AWAY FROM THE MOVING LEG

**REPS/DURATION:** HOLD FOR 2-3 SECONDS, THEN RETURN TO STARTING POSITION

**TIMES PER DAY:** 3 SETS OF 10 REPS, 2 TIMES PER DAY

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

MOTION COMES FROM HIP ABDUCTORS (NO COMPENSATORY FIRING)

DEEP CORE FIRST



## QUADRUPED ROCKBACK

**INSTRUCTIONS:** KNEELING ON YOUR HANDS AND KNEES, BEGIN WITH YOUR BACK IN NEUTRAL POSITION

- SLOWLY ROCK BACKWARDS FROM HANDS, BACK TO KNEES

**REPS/DURATION:** PERFORM 2 SETS OF 20 REPETITIONS



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAKE SURE NO PINTCHING OR PAIN OCCURS

MAINTAIN POSTERIOR PELVIC TILT DURING ROCKBACK

## QUADRUPED HIP EXTENSIONS

**INSTRUCTIONS:** KNEELING ON YOUR HANDS AND KNEES, BEGIN WITH YOUR BACK IN NEUTRAL POSITION

- POSITION HANDS DIRECTLY UNDER THE SHOULDER AND KNEES UNDER THE HIPS
- LIFT ONE LEG AT A TIME KEEPING TRUNK AND PELVIS STILL AND RELAXED (WITHIN ROM RESTRICTIONS)

**REPS/DURATION:** PERFORM 2-3 SETS OF 15-20 REPS WITH EACH LEG



### SPECIAL INSTRUCTIONS FOR THERAPIST:

NO ARCHING OF THE LOWER BACK

NO PAIN WHEN APPROACHING  
EXTENSION



FULL



## QUADRUPED BIRD DOGS

**INSTRUCTIONS:** KNEELING ON YOUR HANDS AND KNEES, POSITION HANDS DIRECTLY UNDER THE SHOULDER AND KNEES UNDER THE HIPS

- LIFT ONE ARM AND THE OPPOSITE LEG AT A TIME KEEPING THE TRUNK AND PELVIS RELAXED

**REPS/DURATION:** PERFORM 2-3 SETS OF 15-20 REPS WITH EACH ARM/LEG



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

ONLY SURGICAL LEG AND OPPOSITE ARM  
WHILE WB RESTRICTIONS ARE STILL IN PLACE

## DOUBLE LEG BRIDGES

**INSTRUCTIONS:** LIE ON YOUR BACK WITH ARMS AT YOUR SIDES AND HIPS WITH KNEES BENT

- SQUEEZE GLUTES AND RAISE BUTTOCKS WHILE KEEPING CORE STABLE
- SLOWLY RETURN TO START POSITION AND REPEAT



**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS

**TIMES PER DAY:** 2 TIMES PER DAY



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

CORE AND GLUTES ONLY

(NO COMPENSATORY MUSCLE FIRING)

## STOOL ROTATIONS

**INSTRUCTIONS:** STAND AND PLACE THE KNEE OF YOUR SURGICAL LEG ON A STOOL

- THE LEVEL OF THE STOOL SHOULD ALLOW YOU TO REST YOUR LEG ON THE TOP OF THE STOOL WHILE BEING STRAIGHT UP AND DOWN WITHOUT DROPPING OR HIKING YOUR HIPS
- ROTATE THE LEG THAT IS RESTING ON THE STOOL INTO INTERNAL ROTATION (TOWARD YOUR OTHER LEG) WITHOUT MOVING YOUR TRUNK
- AFTER WEEK 3 YOU MAY BEGIN TO MOVE THE LEG INTO EXTERNAL ROTATION (AWAY FROM YOUR OTHERLEG) WITHOUT MOVING YOUR TRUNK

**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS

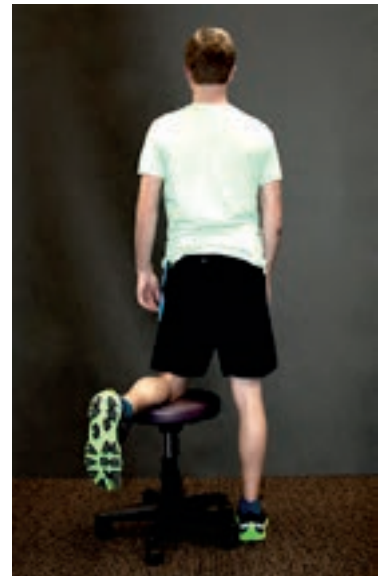
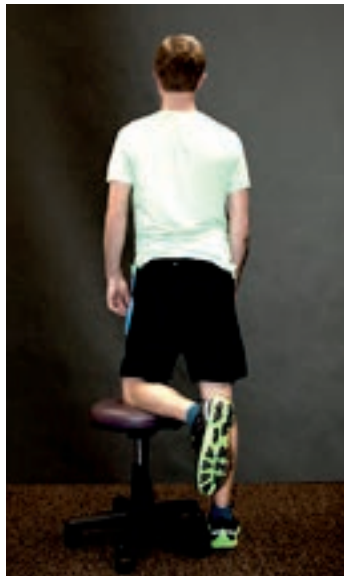
**TIMES PER DAY:** 2 TIMES PER DAY

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

NO ER WHILE ROM RESTRICTIONS ARE IN PLACE

STABLE PELVIS

MAINTAIN WB RESTRICTIONS WHILE IN PLACE



## PHYSIOBALL ROLLOUTS

**INSTRUCTIONS:** BEGIN UPRIGHT WITH KNEES POSITIONED BELOW SHOULDERS AND HANDS PLACED ON THE PHYSIO BALL

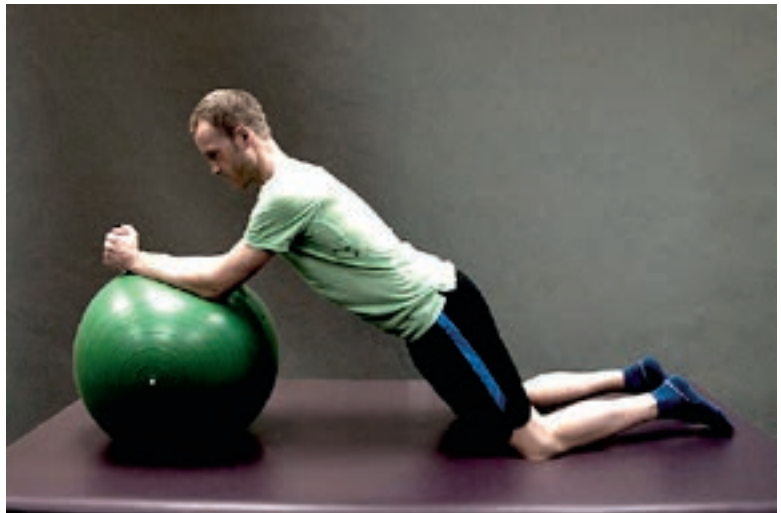
- PUSH OR ROLL THE BALL AWAY FROM YOU WHILE KEEPING KNEES IN PLACE
- MAKE SURE TO KEEP BACK LEVEL WITH HIPS AND UPPER BODY IN A STRAIGHT LINE
- PAUSE AT THE FURTHEST POINT AND THEN PULL BACK TO STARTING POSITION

**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAINTAIN NEUTRAL SPINE

ONLY AS FAR AS PATIENT IS ABLE TO  
CORRECTLY CONTROL WITH NEUTRAL SPINE



# HIP ARTHROSCOPY REHABILITATION PHASE II

## DOUBLE LEG BRIDGES WITH ABDUCTION

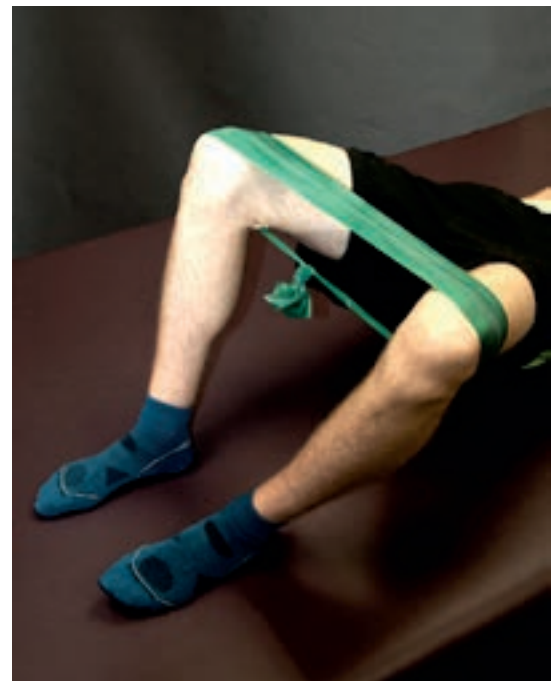
**INSTRUCTIONS:** BEGIN IN HOOK LYING POSITION WITH A THERA BAND AROUND THE OUTSIDE OF YOUR KNEES

- SQUEEZE GLUTES AND RAISE BUTTOCKS WHILE SLOWLY PRESSING KNEES INTO BAND WITH SURGICAL LEG
- KEEP CORE STABLE THROUGHOUT EXERCISE
- SLOWLY RETURN TO STARTING POSITION AND REPEAT

**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS

**TIMES PER DAY:** 2 TIMES PER DAY

**SPECIAL INSTRUCTIONS FOR THERAPIST:** NO COMPENSATORY FIRING OR LOSS OF BRIDGE POSITION



## ½ KNEELING WEIGHT SHIFTS

**INSTRUCTIONS:** ASSUME A ½ KNEELING POSITION ON THE SURGICAL KNEE

- SHIFT YOUR BODY FORWARD ONTO THE FRONT LEG WHILE MAINTAINING A NEUTRAL SPINE AND AVOID ARCHING YOUR BACK
- YOU SHOULD FEEL A GENTLE STRETCH IN THE FRONT OF YOUR HIP

**REPS/DURATION:** HOLD POSITION FOR 15 SECONDS AND REPEAT 10-15 TIMES ON EACH LEG



**SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAINTAIN LEVEL PELVIS

NO ARCHING OF LOW BACK



## ½ KNEELING SINGLE ARM ROW/EXTENSION

**INSTRUCTIONS:** ASSUME A ½ KNEELING POSITION ON THE SURGICAL KNEE

- PERFORM SINGLE ARM ROW EXERCISES USING THERABAND/TUBE
- ALWAYS MAINTAIN A NEUTRAL SPINE AND PELVIS DURING THIS EXERCISE
- PERFORM WITH BOTH ARMS
- REPEAT WITH SINGLE ARM EXTENSION EXERCISES BILATERALLY

**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS



### SPECIAL INSTRUCTIONS FOR THERAPIST:

(MAIN FOCUS IN CLINIC)  
SURGICAL LEG DOWN,  
CONTRALATERAL ARM  
PERFORMING ROW AND  
EXTENSION



## STANDING HIP ABDUCTION ISOMETRICS

**INSTRUCTIONS:** STAND ON THE UNINVOLVED LEG WITH THE SURGICAL KNEE AGAINST A FOAM ROLLER RESTING ON THE WALL

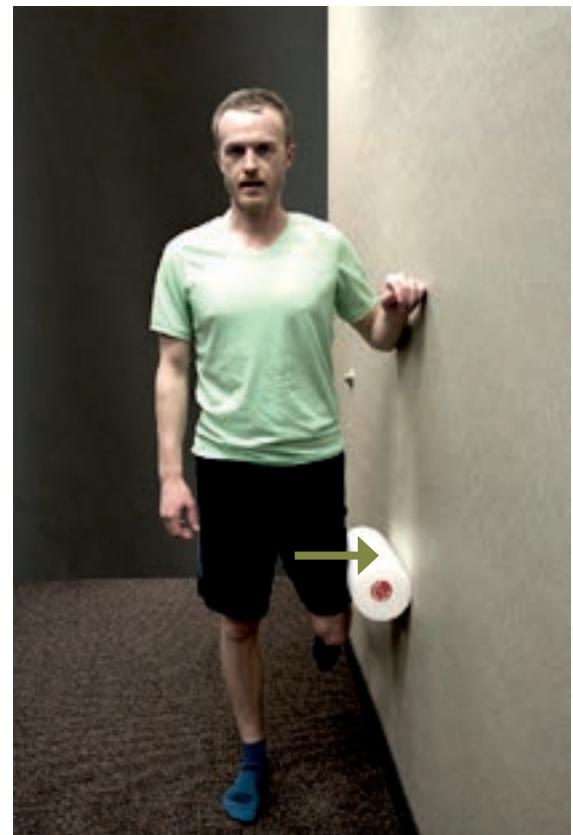
- SLIGHTLY BEND BOTH KNEES TO 20 DEGREES OF FLEXION AND BEND THE OPERATIVE KNEE TO 90 DEGREES AND PRESS THE OUTSIDE OF THE KNEE INTO THE FOAM ROLLER
- IF THE PELVIS BEGINS TO DROP, SQUEEZE BUTTOCK OF OPERATIVE LEG

**REPS/DURATION:** HOLD POSITION FOR 5-10 SECONDS, REPEAT 10-15 TIMES

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

NO COMPENSATORY MUSCLE FIRING

REPEAT WITH STANCE ON SURGICAL LEG



## HIP HIKES OFF STEP

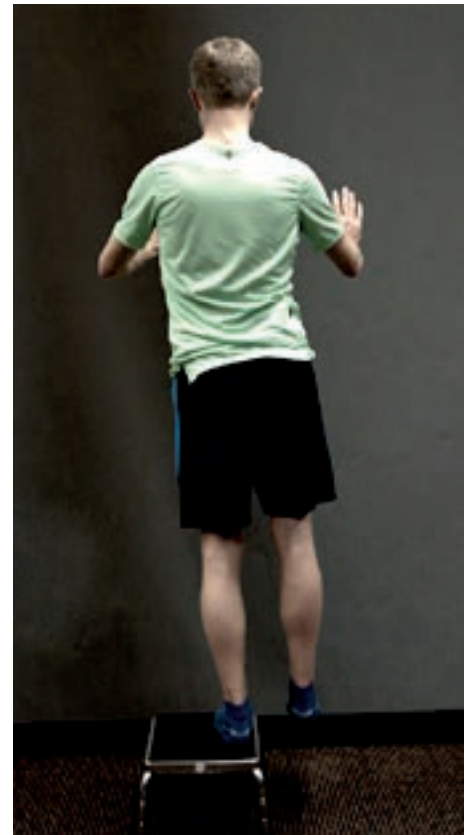
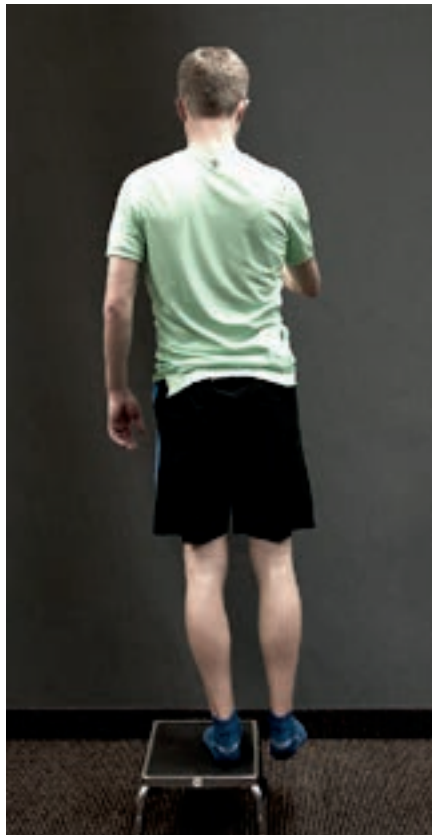
**INSTRUCTIONS:** STAND WITH SURGICAL LEG ON A STEP WITH OPPOSITE LEG HANGING OFF THE EDGE

- WHILE MAINTAINING A TALL STANCE, ALLOW HIPS TO SAG ON THE SIDE OF THE FOOT HANGING OFF THE STEP
- CONTRACT MUSCLES SO THAT THE LEG AND HIP ARE RAISED UPWARD “HIKING” THE HIP UPWARD
- RELAX AND AGAIN ALLOW THE FOOT TO DROP BELOW STEP LEVEL
- REPEAT ON OPPOSITE LEG

**REPS/DURATION:** PERFORM 3 SETS OF 15 REPETITIONS

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

NO COMPENSATORY FIRING (HIP ABDUCTORS OF SURGICAL LEG ONLY)



## SIDELYING CLAM SHELLS

**INSTRUCTIONS:** ASSUME A SIDELYING POSITION ON THE NON-SURGICAL SIDE

- DEPRESS THE PELVIS DOWN AND BACKWARD
- MAINTAIN THIS POSITION WHILE SLOWLY ROTATING THE TOP KNEE AWAY FROM THE BOTTOM KNEE, KEEPING FEET TOGETHER
- MAY ADD THERA BAND FOR RESISTANCE ACCORDING TO FIRING PATTERN

**REPS/DURATION:** PERFORM 2-3 SETS OF 15 REPS

### SPECIAL INSTRUCTIONS FOR THERAPIST:

PAIN FREE RANGE ONLY

NO COMPENSATORY FIRING (POSTERIOR HIP ONLY)



## STANDING FORWARD/BACKWARD AND SIDE TO SIDE WEIGHT SHIFTS

**INSTRUCTIONS:** STAND IN A STAGGER STANCE POSITION WITH SURGICAL LEG FORWARD

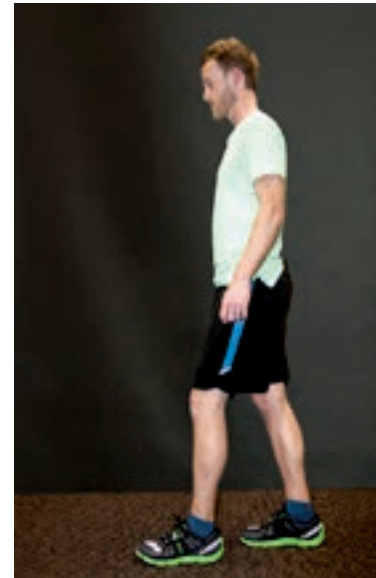
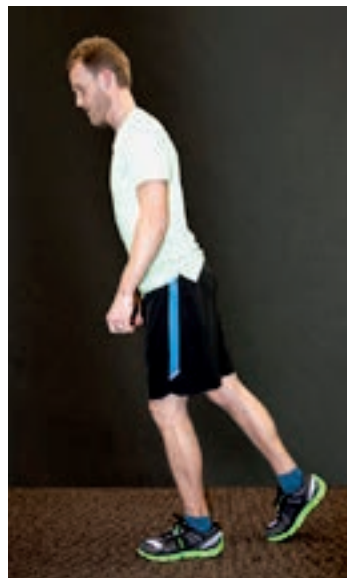
- SHIFT YOUR BODY WEIGHT ONTO THE FRONT LEG UNTIL BACK TOES LIFT OFF THE FLOOR
- REPEAT WITH OPPOSITE LEG FORWARD, AND SIDE TO SIDE

**REPS/DURATION:** PERFORM 2-3 SETS FOR 30-90 SECONDS

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAKE SURE TO KEEP PELVIS LEVEL AND TO HAVE GOOD DYNAMIC CORE/KNEE CONTROL

PROGRESS TO SINGLE LEG BALANCE WHEN APPROPRIATE



## SINGLE LEG STANCE/BALANCE PROGRESSION

**INSTRUCTIONS:** SHIFT WEIGHT TO OPERATIVE LEG

- TO INCREASE DIFFICULTY, STAND ON AN ALTERED SURFACE (FOAM/BOSU/DYNADISC)

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAKE SURE PELVIS IS LEVEL AND TO HAVE GOOD DYNAMIC  
CORE/KNEE CONTROL



## QUADRUPED FIREHYDRANT

**INSTRUCTIONS:** KNEELING ON YOUR HANDS AND KNEES, BEGIN WITH YOUR BACK IN NEUTRAL POSITION

- POSITION HANDS DIRECTLY UNDER THE SHOULDER AND KNEES UNDER THE HIPS
- KEEPING YOUR KNEE BENT, RAISE YOUR THIGH OUT TO THE SIDE WITHOUT MOVING YOUR HIPS
- RETURN TO STARTING POSITION

**REPS/DURATION:** PERFORM 2-3 SETS OF 15-20 REPS WITH EACH LEG



### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAINTAIN PROXIMAL STABILITY AND CONTROL

PAIN FREE RANGE

**\*\*NO COMPENSATORY FIRING PATTERNS WITH ANY OF THE FURTHER PROGRESSIONS INTO MORE CHALLENGING EXERCISES**





## 1/2 KNEELING UPPER BODY LIFTS/CHOPS WITH SPORT CORD

### NO TORSO OR HIP ROTATION

**INSTRUCTIONS:** ASSUME A ½ KNEELING POSITION ON THE SURGICAL KNEE

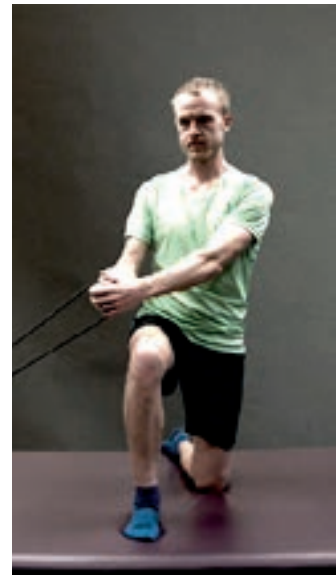
- PERFORM AN UPPER BODY CHOP/DIAGONAL MOVEMENT WITH THE SPORT CORD
- ALWAYS MAINTAIN A NEUTRAL SPINE AND PELVIS DURING THIS EXERCISE
- REPEAT CROSSING THE BODY IN THE OPPOSITE DIRECTION AS ILLUSTRATED IN THE IMAGES

**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS

### SPECIAL INSTRUCTIONS FOR THERAPIST:

SURGICAL HIP IN ZERO DEGREES OF EXTENSION, WITH GOOD CORE AND GLUTE ACTIVATION

NO TORSO OR HIP ROTATION



## DOUBLE LEG ¼ SQUATS

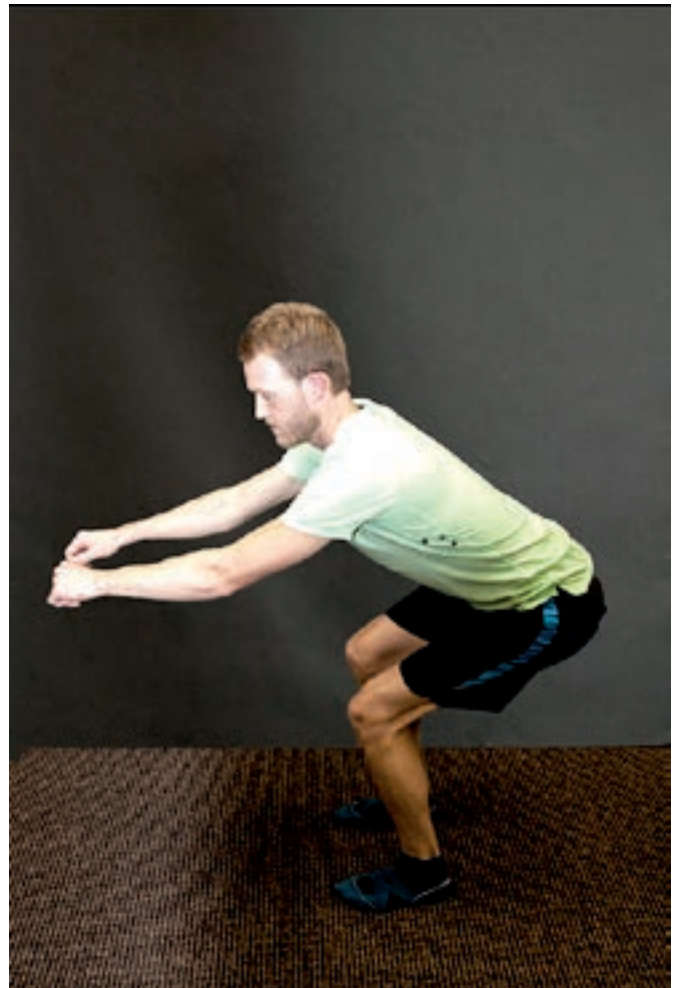
**INSTRUCTIONS:** STAND WITH FEET SHOULDER WIDTH APART

- SQUAT DOWN AS IF YOU WERE GOING TO SIT IN A CHAIR, BUT ONLY FLEX THE KNEES TO 30 DEGREES
- KEEP SPINE IN NEUTRAL AND PELVIS LEVEL THROUGHOUT THE EXERCISE

**REPS/DURATIONS:** PERFORM 3 SETS OF 20 REPETITIONS

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAKE SURE PATIENT IS SITTING BACK EQUALLY INTO EACH HIP



## FORWARD STEP-UPS

**INSTRUCTIONS:** STAND IN FRONT OF A STEP 6-10 INCHES TALL

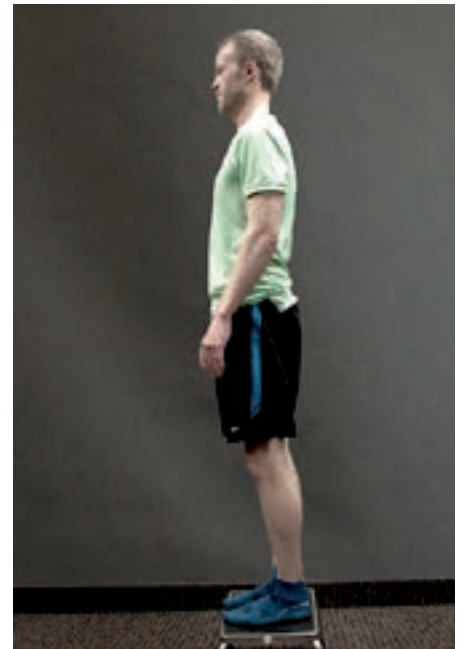
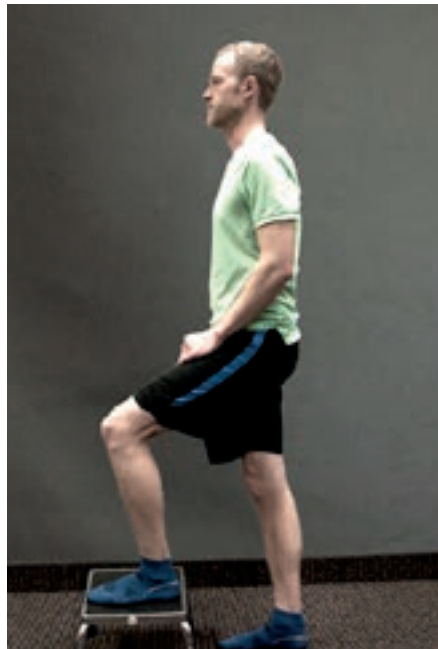
- PLACE FOOT OF SURGICAL LEG IN THE MIDDLE OF STEP AND RAISE TO STANDING WHILE KEEPING PELVIS LEVEL
- COME TO A FULL STANDING POSITION ON TOP OF STEP
- STEP DOWN WITH NON-SURGICAL LEG AND RETURN TO STARTING POSITION

**REPS/DURATION:** PERFORM 3 SETS OF 10-12 REPETITIONS, REPEAT ON OPPOSITE LEG

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

FOCUS ON HIP EXTENSION, PROGRESSING SPEED AND POWER GRADUALLY

LEVEL PELVIS



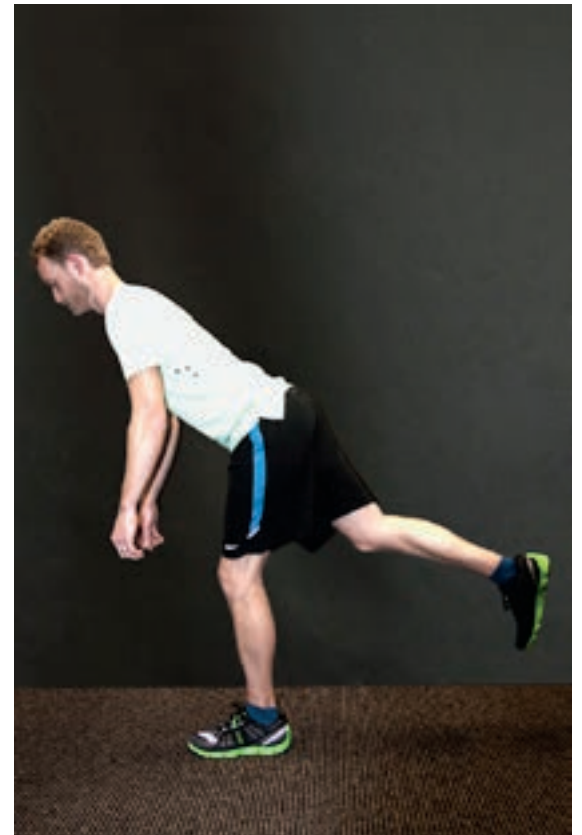
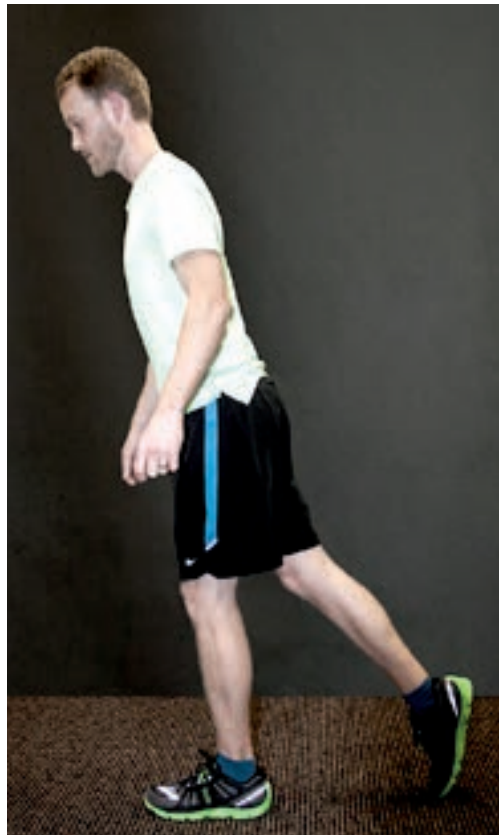
## FORWARD SHIFT TO ROMANIAN DEAD LIFT

**INSTRUCTIONS:** STANDING ON ONE LEG, BEND FORWARD AND REACH FOR THE GROUND

- KEEP HIPS IN NEUTRAL, DO NOT LET HIPS ROTATE
- RETURN TO START POSITION AND REPEAT

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

NEUTRAL SPINE, LEVEL PELVIS, GOOD DYNAMIC KNEE CONTROL



## MODIFIED PRONE PLANK

**INSTRUCTIONS:** ASSUME A POSITION ON KNEES AND ELBOWS WITH FOREARMS AND HANDS PARALLEL

- MAINTAIN SPINE AND PELVIS IN A NEUTRAL POSITION WHILE CONTRACTING THE ABDOMINAL MUSCLES

**REPS/DURATION:** HOLD THIS POSITION FOR 30-60 SECONDS AS TOLERATED, PERFORM 3 SETS

### SPECIAL INSTRUCTIONS FOR THERAPIST:

HOLD TIMES DEPENDENT ON ABILITY TO HOLD NEUTRAL SPINE



## THERAPY BALL HAMSTRING CURLS

**INSTRUCTIONS:** LIE ON YOUR BACK AND PLACE YOUR HEELS ON TOP OF A THERAPY BALL

- LIFT YOUR HIPS TOWARD THE CEILING SO THEY ARE IN LINE WITH SHOULDERS WHILE KEEPING YOUR CORE AND ABS CONTRACTED
- KEEP YOUR HIPS UP AND CURL YOUR HEELS TOWARD YOUR BUTT, SQUEEZING THE HAMSTRINGS AS KNEES ARE BENDING

**REPS/DURATION:** PERFORM 3 SETS OF 12-15 REPETITIONS



## SIDE STEP-UPS

**INSTRUCTIONS:** STAND NEXT TO A STEP 6-10 INCHES TALL

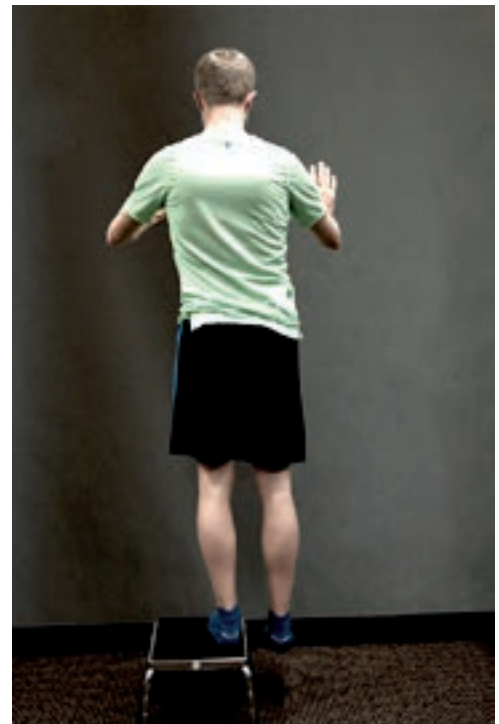
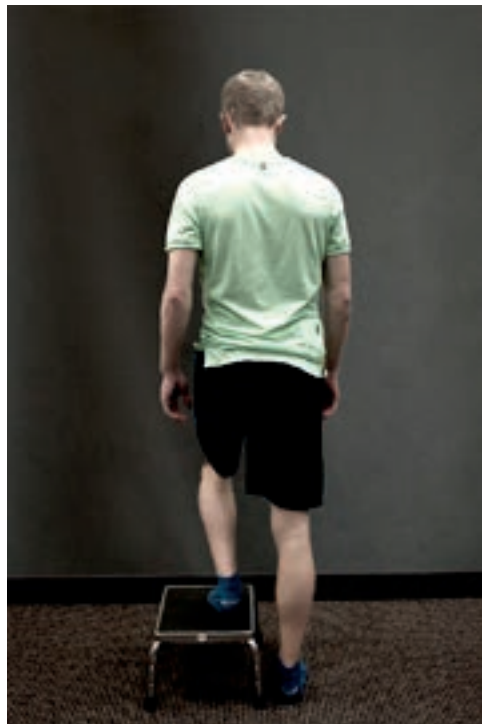
- PLACE FOOT OF SURGICAL LEG IN THE MIDDLE OF THE STEP AND COME TO A FULL STANDING POSITION WHILE KEEPING A LEVEL PELVIS
- HOLD POSITION FOR 1-2 SECONDS AND THEN LOWER BACK TO STARTING POSITION

**REPS/DURATION:** PERFORM 3 SETS OF 10-12 REPETITIONS, REPEAT ON OPPOSITE LEG

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

FOCUS ON HIP EXTENSION, PROGRESSING SPEED AND POWER GRADUALLY

LEVEL PELVIS





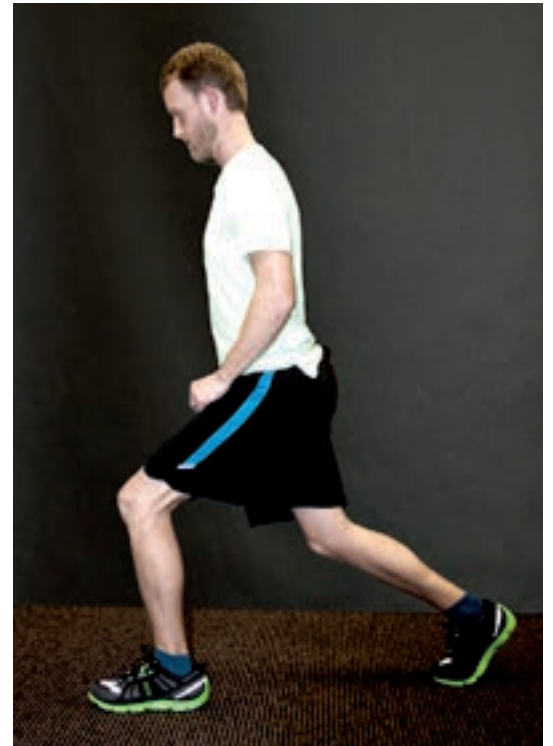
## ▪ SPLIT LUNGE

- **INSTRUCTIONS:** ASSUME A STAGGERED SPLIT STANCE POSITION WITH THE SURGICAL LEG FORWARD
- SLOWLY LOWER YOUR BODY TOWARD THE FLOOR BENDING BOTH KNEES
- MAINTAIN A LEVEL PELVIS AND LUMBAR SPINE DURING THE MOVEMENT

**RESP/DURATION:** PERFORM 3 SETS OF 15-20 REPETITIONS

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

NEUTRAL SPINE, LEVEL PELVIS, GOOD DYNAMIC CORE/KNEE CONTROL



## Y-BALANCE REACHING

**INSTRUCTIONS:** BALANCING ON SURGICAL LEG, REACH IN A DIAGONAL DIRECTION IN ALL 4 QUADRANTS, ONE AT A TIME

- REACH ONLY AS FAR AS YOU CAN WITH GOOD FORM AND CONTROL, MAINTAINING BALANCE THE ENTIRE TIME (LEVEL PELVIS AND GOOD DYNAMIC KNEE CONTROL)

**REPS/DURATION:** PERFORM 10 REPS TO EACH QUADRANT, 1-2 SETS

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

FORWARD, CONTRALATERAL WITH CONTRALATERAL ARM, IPSILATERAL WITH IPSILATERAL ARM, CONTRALATERAL WITH CONTRALATERAL LEG, IPSILATERAL WITH CONTRALATERAL LEG

REACHING DISTANCE DEPENDANT ON FORM AND CONTROL



HIP ARTHROSCOPY REHABILITATION  
PHASE III-IV

## BRIDGE WITH SINGLE KNEE KICKS

**INSTRUCTIONS:** BEGIN IN HOOK LYING POSITION, SQUEEZE GLUTES AND RAISE BUTTOCKS

- SLOWLY STRAIGHTEN YOUR NON-SURGICAL KNEE WHILE MAINTAINING A LEVEL PELVIS
- RETURN TO DOUBLE LEG POSITION AND REPEAT WITH SURGICAL LEG

**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS

**TIMES PER DAY:** 2 TIMES PER DAY

- PROGRESS TO SINGLE LEG BRIDGE WHEN APPROPRIATE



## HALF PRONE PLANK/PILLAR BRIDGE

**INSTRUCTIONS:** ASSUME A POSITION ON KNEES AND ELBOWS WITH FOREARMS AND HANDS PARALLEL

- MAINTAIN SPINE AND PELVIS IN A NEUTRAL POSITION WHILE CONTRACTING THE ABDOMINAL MUSCLES
- LIFT KNEES OFF THE TABLE AND HOLD THIS POSITION FOR 30-60 SECONDS AS TOLERATED

**REPS/DURATION:** PERFORM 3 SETS

- PROGRESS TO A FULL PLANK/ADD BOSU WHEN APPROPRIATE



## SIDE STEPPING

**INSTRUCTIONS:** ASSUME A 1/3 KNEE BEND POSITION WHILE KEEPING PELVIS LEVEL

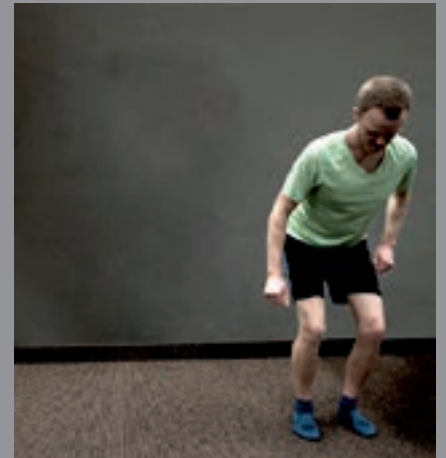
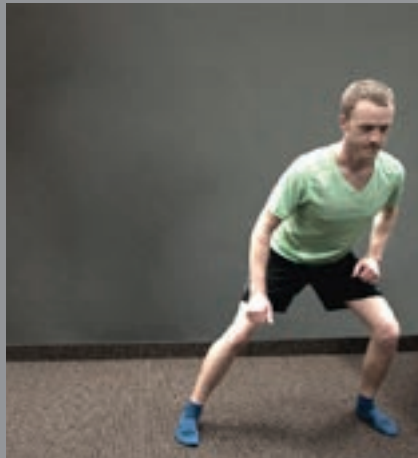
- SLOWLY SIDE STEP WHILE KEEPING THE SHOULDER AND PELVIS LEVEL, AVOIDING ANY TRUNK ROTATION
- DO NOT LET FEET COME TOGETHER, ALWAYS MAINTAIN FEET SHOULDERS WIDE APART DURING MOVEMENTS
- STEP 30 FEET IN ONE DIRECTION AND 30 FEET IN THE OPPOSITE DIRECTION BILATERALLY

**REPS/DURATION:** PERFORM 2-3 LAPS

- INCORPORATE A RESISTANCE BAND AROUND THE ANKLES WHEN APPROPRIATE

### SPECIAL INSTRUCTIONS FOR THERAPIST:

KEEP BUTT BACK, A NEUTRAL SPINE, AND GOOD DYNAMIC KNEE CONTROL



## DOUBLE LEG BODY WEIGHT SQUATS

**INSTRUCTIONS:** STAND WITH FEET SHOULDER WIDTH APART

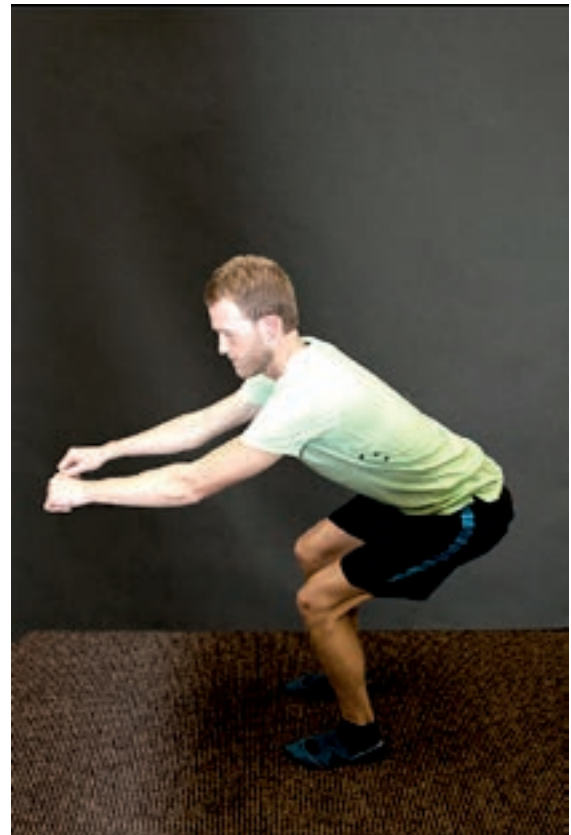
- SQUAT DOWN AS IF YOU WERE GOING TO SIT IN A CHAIR AND SLOWLY WORK ON SQUAT DEPTH
- MAINTAIN A NEUTRAL SPINE AND LEVEL PELVIS THROUGHOUT EXERCISE

**REPS/DURATION:** PERFORM 3 SETS OF 15-20 REPS

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

PROGRESS DEPTH BASED ON SYMPTOMS AND FORM

SIT BACK EQUALLY INTO EACH HIP





## SINGLE LEG ¼ SQUAT

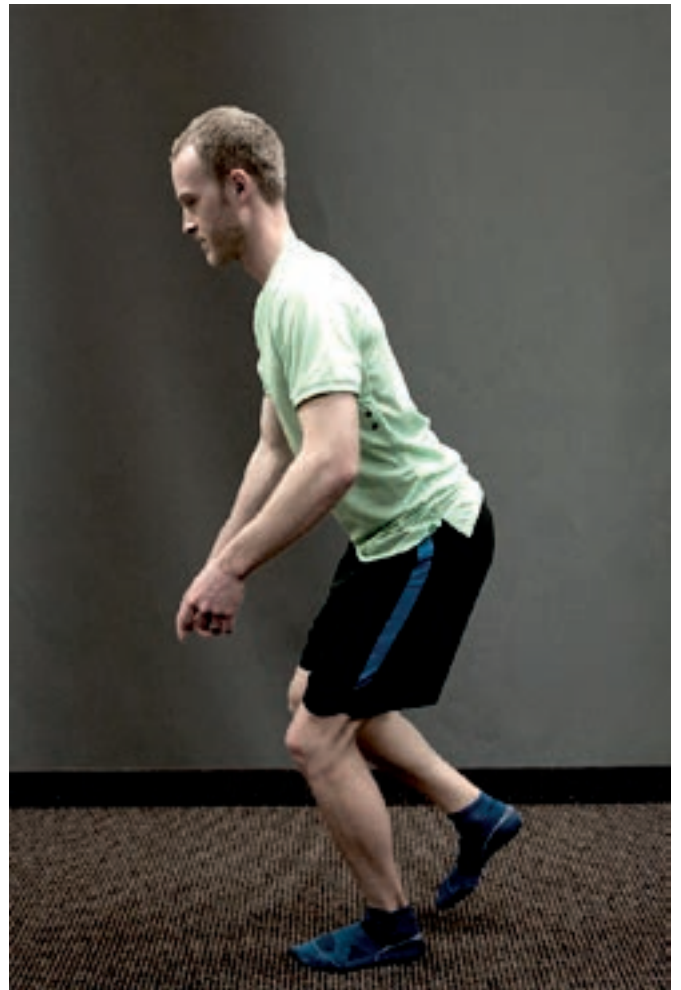
**INSTRUCTIONS:** ASSUME A SINGLE LEG STANCE ON THE SURGICAL LEG WHILE MAINTAINING A LEVEL PELVIS

- SLOWLY SQUAT DOWN TO 30 DEGREES OF KNEE FLEXION AS IF YOU WERE SITTING IN A CHAIR
- AVOID FEMORAL ADD/IR ON THE SQUAT LEG AND DROPPING THE PELVIS ON THE NON-SURGICAL SIDE

**REPS/DURATION:** PERFORM 3 SETS OF 15-20 REPS

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

NO DYNAMIC VALGUS AT KNEE



## FORWARD/LATERAL/REVERSE LUNGES

**INSTRUCTIONS:** SLOWLY LUNGE FORWARD ONTO SURGICAL LEG

- MAINTAIN A NEUTRAL PELVIS AND TRUNK POSTURE DURING MOTION

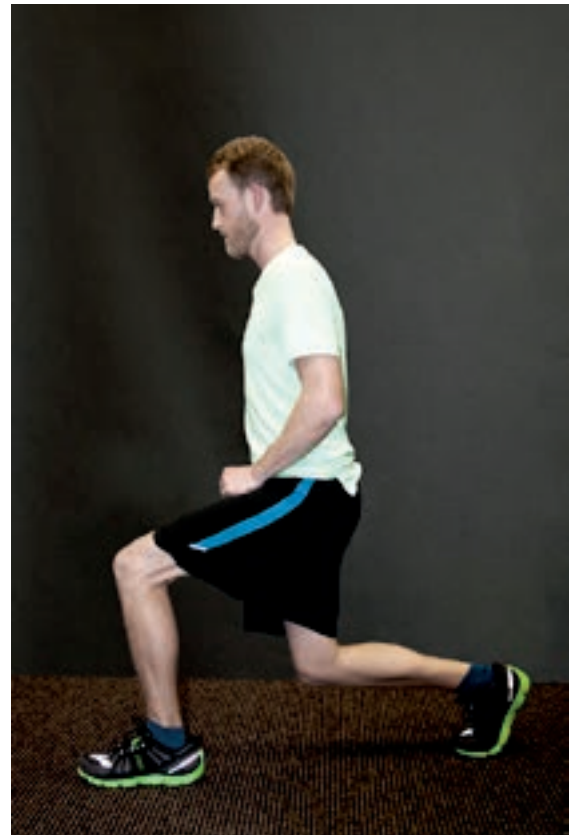
**REPS/DURATION:** PERFORM 3 SETS OF 15-20 REPS

- REPEAT WITH OPPOSITE LEG
- REPEAT WHILE LUNGING Laterally ONTO THE SURGICAL LEG
- REPEAT LUNGE BY STEPPING BACKWARD WITH THE NON-SURGICAL LEG

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

DON'T LET KNEE PASS ANTERIOR TO TOES

MAKE SURE GOOD DYNAMIC KNEE CONTROL



## SIDE PLANK

**INSTRUCTIONS:** ASSUME A SIDE LYING POSITION WITH EXTENDED HIPS AND KNEES BENT TO 90 DEGREES, LEVEL PELVIS, AND NEUTRAL SPINE

- FLEX BOTTOM ELBOW TO 90 DEGREES
- PRESS OUTSIDE OF KNEE INTO THE TABLE AND LIFT THE PELVIS WHILE MAINTAINING A NEUTRAL SPINE

**REPS/DURATION:** HOLD FOR 30 SECONDS TO 3 MINUTES AS TOLERATED

- REPEAT 1-3 TIMES, ON EACH SIDE
- PROGRESS WITH A LEG LIFT WHEN APPROPRIATE



### SPECIAL INSTRUCTIONS FOR THERAPIST:

FOCUS ON ISOMETRIC ABDUCTION STRENGTH AND ENDURANCE OF BOTTOM HIP

## RESISTED STOOL ROTATIONS

**INSTRUCTIONS:** STAND AND PLACE THE KNEE OF YOUR SURGICAL LEG ON A STOOL WITH SPORT CORD AROUND ANKLE AND ATTACHED TO WALL OPPOSITE DIRECTION OF MOTION

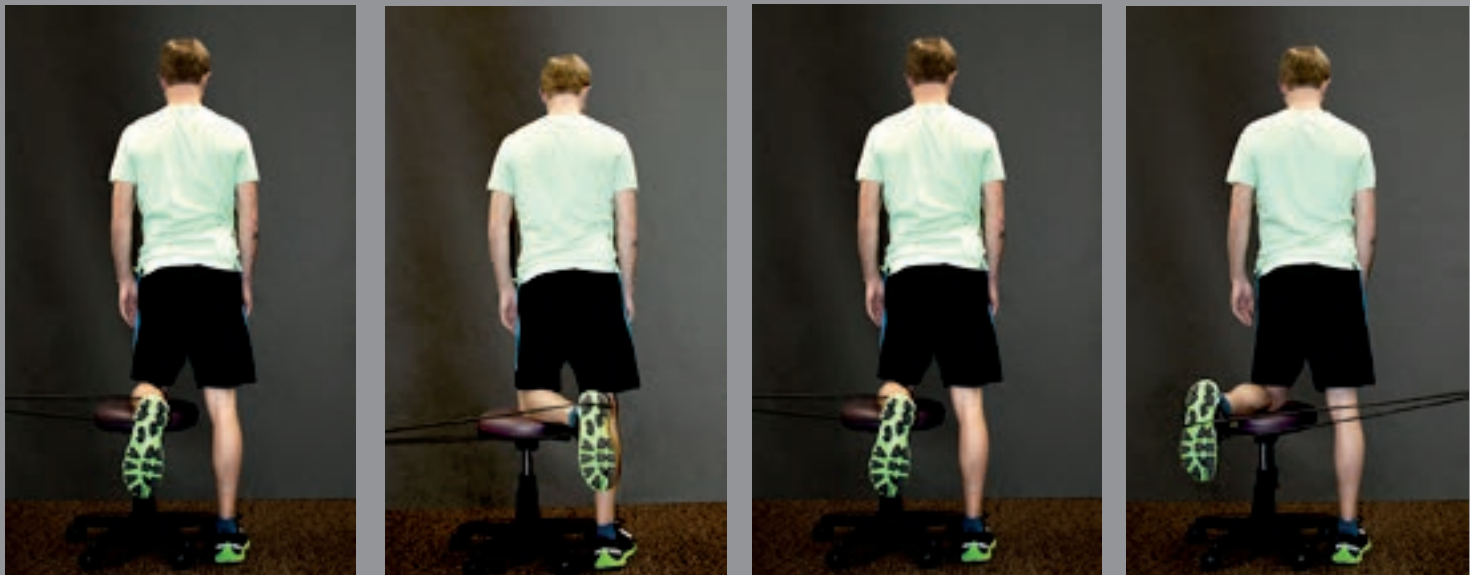
THE LEVEL OF THE STOOL SHOULD ALLOW THE LEG TO REST ON THE TOP OF THE STOOL WHILE BEING STRAIGHT UP AND DOWN WITHOUT DROPPING OR HIKING YOUR HIPS

ROTATE THE LEG THAT IS RESTING ON THE STOOL WITHOUT MOVING YOUR TRUNK (TURNING THE STOOL OUTWARD, BACK TO NEUTRAL, THEN INWARD)

**REPS/DURATION:** PERFORM 3 SETS OF 10 REPS, 2 TIMES PER DAY

### SPECIAL INSTRUCTIONS FOR THERAPIST:

CONTROLLED MOTION, PROGRESSING SPEED AS FORM AND CONTROL ALLOWS



## SQUATS WITH TRUNK ROTATIONS

**INSTRUCTIONS:** HOLDING A PHYSIOBALL IN FRONT OF YOU WITH BOTH HANDS, LOWER INTO A SQUAT POSITION WHILE MAINTAINING PELVIC STABILITY

- SLOWLY ROTATE TRUNK SIDE TO SIDE
- TO INCREASE DIFFICULTY, SWITCH TO HOLDING A MEDICINE BALL OR ALTER THE SURFACE OF THE EXERCISE

**REPS/DURATION:** PERFORM 3 SETS OF 15-20 REPS

### **SPECIAL INSTRUCTIONS FOR THERAPIST:**

MAINTAIN GOOD FORM AND CONTROL



## RETRO WALKING WITH RESISTANCE BAND

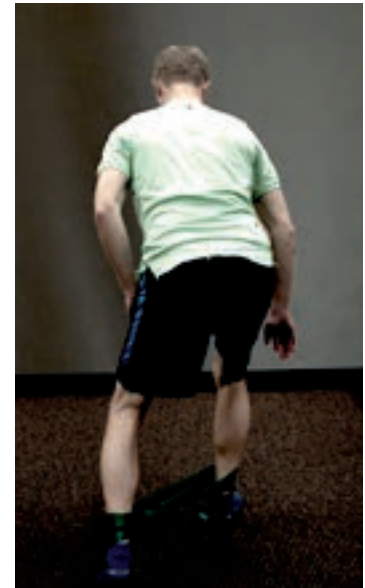
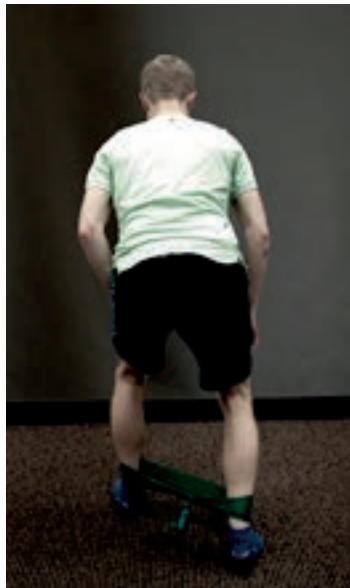
**INSTRUCTIONS:** PLACE A RESISTANCE BAND AROUND THE ANKLES

- ASSUME A POSITION WITH THE KNEES BENT TO 30 DEGREES OF FLEXION AND KEEPING THE PELVIS LEVEL
- SLOWLY STEP IN A DIAGONAL AND BACKWARD DIRECTION
- BRING THE OPPOSITE FOOT TO THE STEP FOOT AND REPEAT ON THE OTHER SIDE
- STEP 30 FEET IN ONE DIRECTION AND 30 FEET IN THE OPPOSITE DIRECTION

**REPS/DURATION:** REPEAT 2-3 LAPS

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

BUTT BACK, NEUTRAL SPINE, AND MAINTAIN GOOD DYNAMIC KNEE CONTROL OF STANCE LEG





## LUNGE WITH TRUNK ROTATIONS

**INSTRUCTIONS:** ASSUME A FORWARD LUNGE POSITION

- SLOWLY ROTATE THE TRUNK SIDE TO SIDE WITH THE ARMS OUT IN FRONT (USE EITHER A PHYSIOBALL OR SPORT CORD FOR RESISTANCE)
- REPEAT THIS EXERCISE IN ANY OF THE LUNGE POSITIONS

**REPS/DURATION:** PERFORM 3 SETS OF 15-20 REPS

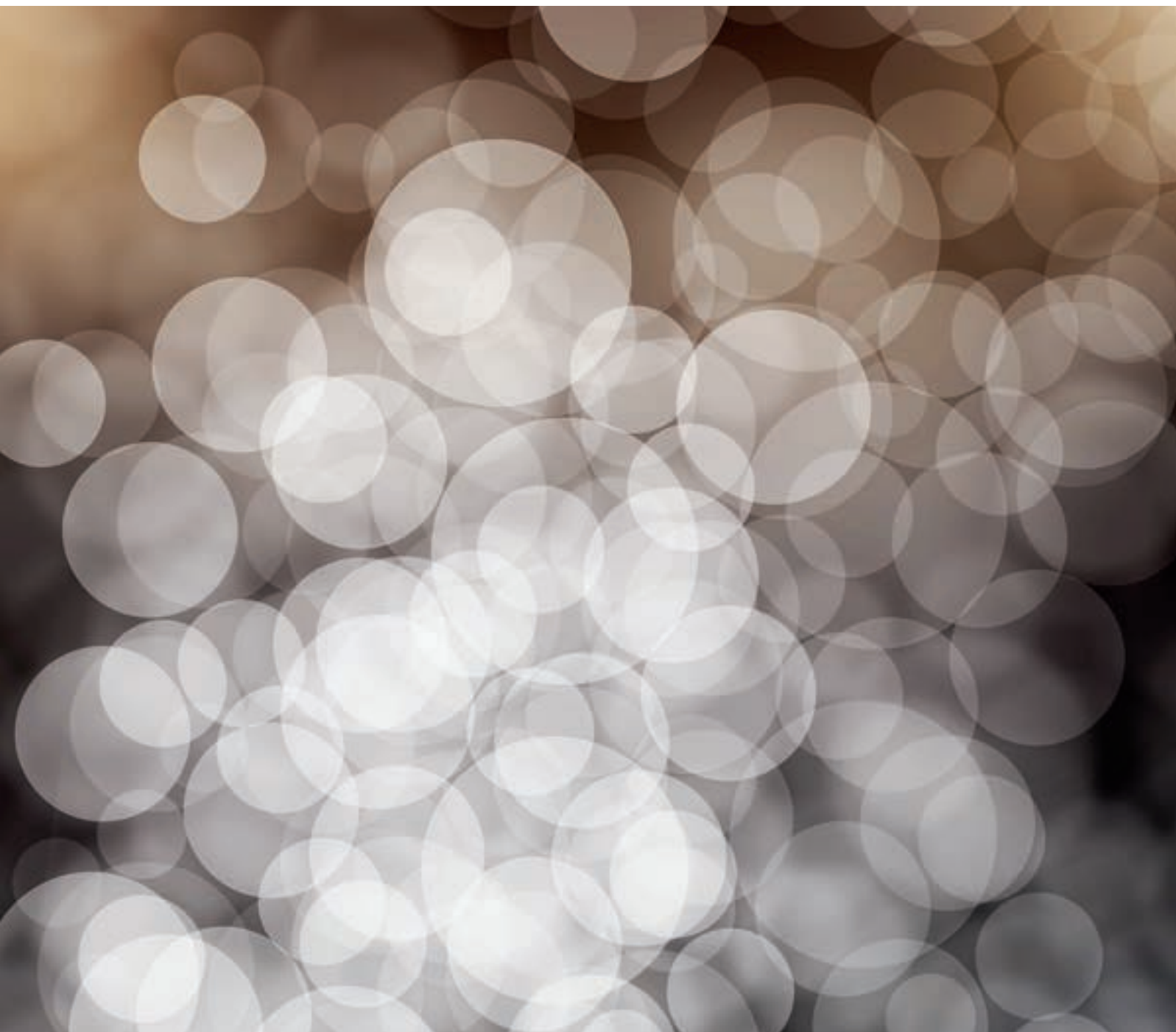
- TO INCREASE, USE A MEDICINE BALL OR ALTER THE SURFACE

**SPECIAL INSTRUCTIONS FOR THERAPIST:**

GOOD DYNAMIC KNEE/CORE CONTROL







**FOR QUESTIONS OR CONCERNS PLEASE CONTACT:**

MELISSA BOWERS, MSED, ATC, OTC

PHONE: 651-968-5360 | FAX: 651-714-9106

NICK BJORE, PA-C

PHONE: 651-968-5444 | FAX: 651-714-9106