After Your Hip Arthroscopy

Your home exercise program

This handout describes exercises to do after having hip arthroscopy surgery. Please note that you will need a helper for 2 of these exercises.

Do Not Stay in Bed

- Get up and walk as much as you are able. Walk at least 10 minutes every hour while you are awake.
- Do not sit longer than 30 minutes at a time.

Exercises

Passive Hip Circumduction

- Lie on your back. Fully relax your muscles.
- Your helper will move your leg in small circles, first one direction and then in reverse. Your helper must not move your knee above your belly button or make circles wider than your shoulders.
- Do 150 circles – 75 clockwise and 75 counter-clockwise – 3 times a day.

Passive Hip Flexion

- Lie on your back.
- Keeping your knee slightly bent, your helper will gently move your leg up and down. The knee should bend only 30 to 60 degrees (see photos).
- Do 150 reps 3 times a day.
Prone Hip Flexor Stretch

- Remove your brace. Lie on your stomach for 10 to 20 minutes. This will lengthen the muscles on the front of your hip.
- Do this 7 to 8 times a day.

Ankle Pumps

- Sit on the floor or a table. With your affected leg straight, point your toes toward your head, then away.
- Do 20 to 30 reps 3 times a day.

Gluteal Sets

- Lie on your back on a table or the floor.
- Tighten your buttock (butt) muscles. Hold for 5 seconds, then release.
- Do 20 to 30 reps 3 times a day.

Transverse Abdominal Sets

- Lie on your back on a table or the floor.
- Without moving your pelvis, squeeze your belly button toward your spine. Hold for 5 seconds, then relax.
- Do 20 to 30 reps 3 times a day.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 8.