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EXERCISES AFTER HIP ARTHROSCOPY

1. STAGE ONE Leg Raises

- Lay flat on back, tighten stomach.
- Raise leg, keeping toe pointed at a 45 degree angle and lift leg six to eight inches off the floor.
- Repeat this exercise 3X each for both right and left legs, remember to tighten stomach.
- Goal is to maintain holding position for 180 seconds or three minutes per leg.
- Toe Raises
Remain on a flat surface. Raise your body weight up on the top of your toes. 45X's.
- After you achieve 60 seconds at this exercise, you should add crunches to this exercise. Goal would be to reach 80 sit ups per side.

2. Rear Leg Raises

- Lay flat on your stomach, tighten stomach.
- Make sure that your stomach/core stays pressed into the floor.
- Extend your leg, repeat this exercise 3X each for both right and left legs.
- Repeat this exercise 3X each for both right and left legs.
- Goal is to maintain holding position for 180 seconds or three minutes per leg.

3. STAGE TWO Superman

- When single legs are met then you can do both together.
- Lay flat on your stomach, tighten stomach. Extend both of your arms and legs. Goal is to maintain this position for 180 seconds or three minutes. Repeat 3X's.

4. Two Leg Squats

- Stand with your feet shoulder length apart. Squat down keeping your knees above your toes and extending your buttocks back toward the rear of the room. Keep your head up and your spine long. Tuck your pelvis in, working on the core. 45X's.

5. STAGE THREE Hip Hikes

- Shifting your pelvis up – hold then drop it all the way down. Shift your hip into the air in the same direction as the knee you have lifted. Alternate hips 5X's each. Goal is to reach 45X's per side all at once.
- You can start by holding onto something for balance but must work toward free standing hip hikes.

6. STAGE FOUR Single Leg Squats

- Start on your "good leg". Squat down keeping your knees above your toes and extending your buttocks back toward the rear of the room. Keep your head up and your spine long. Tuck your pelvis in, working on the core. Alternate legs starting with 5X's each. Goal is to reach 45X's per leg.
- You can start by holding onto something for balance but must work toward free standing squats.
- Very difficult exercises: do not attempt until you have two leg squats 45X's.
- There must be no "wiggling" of your knee; it must have a clean track up and down.

7. STAGE FIVE LAST Seat Sits

- Object is to actually lower your body into a seated position. Beginning with single leg seat sits.
- Make sure to keep your knee position forward; do not let it "turn in".
- Alternate legs starting with 5X's each. Goal is to reach 45X's per leg.

Tips

- Anytime you are standing in "rest" mode, lean weight onto the side of your "fixed hip". You must retrain the hip to regain control and muscle.
- When ascending staircases, first step up on the "fixed side".
- Purchase tennis shoes and sandals that have a heel support. I recommend the brand made by Sketchers Shape Ups. Wear these throughout the house for the majority of your day.
- When "working out", use elliptical machine when available. Keep at neutral and do not exceed three incline. Do not exceed a 5 in resistance. Your goal is to reach an RPM level of 80 and maintain that for 20 minutes.
- **STOP ANY EXERCISE OR ACTIVITY THAT CAUSES ABNORMAL PAIN AND CONSULT PHYSICIAN.**