

# Hip arthroscopy: A staged rehabilitation approach

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This leaflet will guide your rehabilitation following hip arthroscopy. Hip arthroscopy surgery is a less invasive form of hip surgery, allowing you to start your rehabilitation sooner. The surgery further aims to reduce pain, instability and stiffness within the hip joint.

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## What are the aims of rehabilitation?

To reduce pain, improve hip function and strength in a graded and progressive manner.

## What are the stages of rehabilitation?

### Stage 1:

- Controlling of inflammation and pain.
- Re-establish range of movement within the hip joint.
- Normalise walking pattern, which will include progressing from walking with aids to walking independently.
- Improving and maintaining muscle strength.
- Protect healing structures.

### Stage 2:

- Full range of movement with minimal pain through range.
- Good control through double leg squat and bridge.
- Effective individual muscle contraction around the hip.
- Even weight bearing with walking.
- Core stability.

### Stage 3:

- Muscle strengthening through full range of movement.
- Start jumping and explosive movements.

### Stage 4:

- Maintain adequate strength.
- Change in direction / acceleration and deceleration.
- Sport specific training.

## Exercises for each stage of rehabilitation:

### Stage 1:

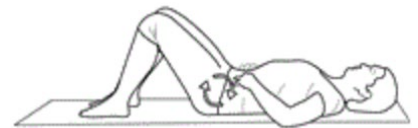
#### 1. Walking normally:

- This stage of rehabilitation is based on your weight-bearing status following your operation, which will be explained to you by your ward physiotherapist.
- At this stage, aim to use both crutches, focusing on heel touching the ground first when putting foot initially on the floor. Put some weight through that foot before pushing off through your big toe.
- Use elbow crutches until you are no longer walking with a limp. It would be advisable to go from two crutches to one. Use one crutch in the opposite hand to the operated leg.



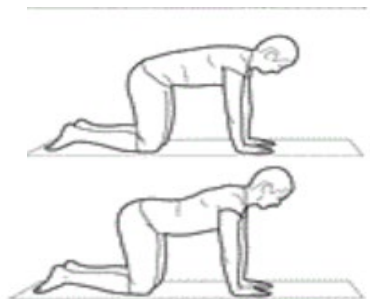
#### 2. Pelvic tilt:

- Lie on your back, with your knees bent and your feet flat on the floor. Squeeze your abdominal muscles (imagine you are pushing your tummy button down towards the floor) and flatten lower back against the floor.
- Hold for 5 seconds and then relax. Complete 8 times.



#### 3. Cat / cow pose:

- Start with your hands under your shoulders and your knees under your hips.
- Gradually, round your back up towards the ceiling and then lower your back down towards the floor.
- Gently complete this movement 8 times.



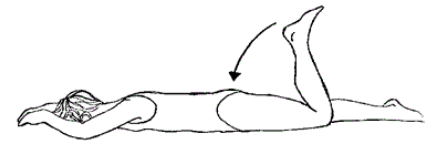
#### 4. Standing hip range of movement exercise:

- Stand while holding onto support, ideally on a flat surface.
- Keeping your other leg straight, lift the foot of your operated leg off the floor. Squeeze tummy button:
  - Lift leg with knee bent in front of you.
  - Keeping leg straight, take out to side keeping body upright.
  - Keeping leg straight, take leg behind you, staying upright.
- Complete 8 times. Do not push into pain.



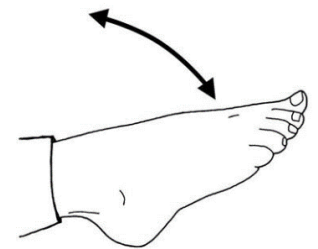
**5. Knee flexion:**

- Lie on your stomach, with your legs straight. Squeeze lower tummy muscles.
- Bring the heel of your operated leg towards your bottom.
- Then slowly lower your leg back to the starting position.
- Repeat 10 times.



**6. Ankle ROM:**

- Perform this exercise in a seated position.
- Point your toes down towards the floor.
- Then point your toes up towards the ceiling.
- Repeat 10 times.



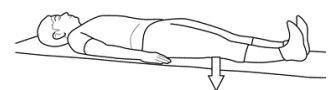
**7. Knee fall out:**

- Lie on your back, with your knees bent and your feet flat on the floor.
- Squeeze lower tummy muscles. Slowly lower your knee on the operated leg out to the side to the point where you feel a gentle stretch, keep other leg still.
- Hold for 15 seconds and repeat 4 times.



**8. Static quadriceps:**

- Lie on your back, with your legs straight.
- Push the back of your knee in to the floor by squeezing your thigh muscles.
- You are aiming for your heel to lift up from the bed.
- Hold for 5 seconds. Repeat 8 times.



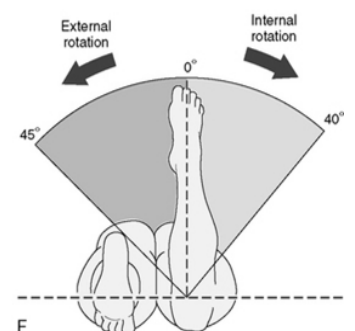
**9. Static hamstrings:**

- Lie on your back, with your legs slightly bent.
- Slightly straighten your operated leg and place the heel of the leg against the floor.
- Push the heel towards the floor as if you are trying to bend your knee further, but no movement should occur.
- Hold for 5 seconds and complete 10 times.



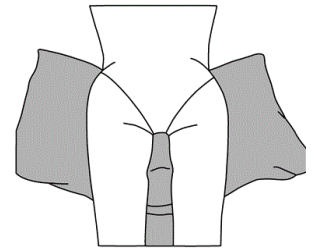
**10. Prone lying internal rotation and external rotation:**

- Lie on your stomach, with your operated leg bent to 90 degrees.
- Slowly let your foot fall out to the side away from your body, then return to the middle. Keep hips flat on surface.
- Then slowly let your foot fall towards your body and return to the midline.
- Repeat 8 times.



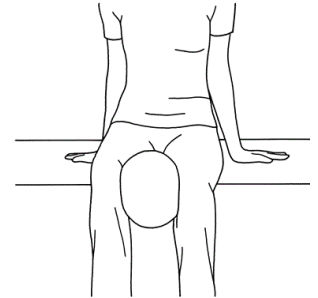
**11. Prone gluteal contraction:**

- Lie on your stomach.
- Squeeze your bottom and lower abdominal muscles for a count of five seconds and then relax.
- Repeat 8 times.



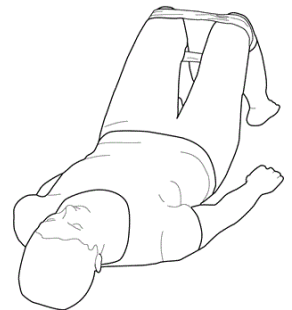
**12. Adductor squeeze:**

- You will require a ball or a rolled up pillow.
- In a seated position place the ball or pillow between your knees.
- Squeeze the object by trying to bring your knees together.
- Hold for 3 seconds then relax.
- Repeat 8 times.



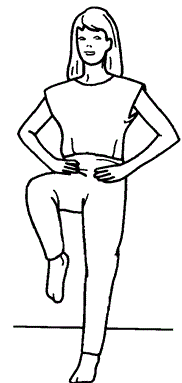
**13. Abduction isometric – supine banded:**

- Lie on your back, with your knees bent and your feet flat on the floor.
- Place a Theraband just above your knees.
- Push your tummy button towards the floor tightening your abdominals and squeeze your buttocks.
- Tilt your pelvis backwards and lift your hips up towards the ceiling.
- Squeezing your bottom, lifting it off the floor.
- Repeat 10 times.



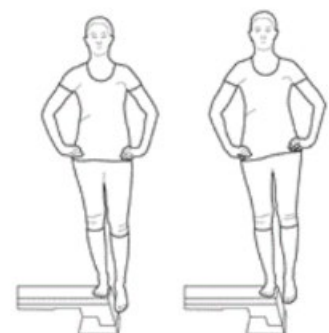
**14. Single leg balance supported:**

- Stand on your operated leg holding onto support.
- Make sure the leg is straight and the hips are level.
- Hold for 20 seconds.
- Repeat 3 times.



**15. Hip hitch:**

- Standing tall with your operated leg on the edge of a step and the other leg off the edge.
- Squeeze bottom muscles, and lift pelvis up towards shoulder.
- Then relax your bottom muscles, keeping leg straight to allow the hip to return to neutral.
- Complete 12 times.



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**End of Stage 1**

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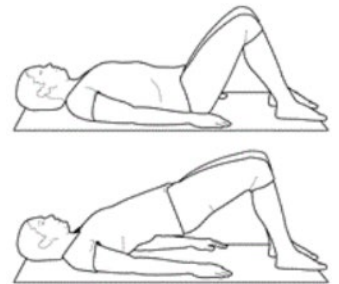
## Stage 2:

### Criteria for progression onto this stage:

- Pain-free hip flexion to 90 degrees.
- Able to squat to 70 degrees knee flexion with good control.
- Able to control individual muscle contractions around hip joint.

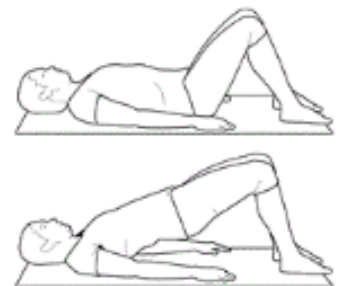
### 16. Double leg bridge:

- Lie on your back with knees bent and feet hip-width apart.
- Push your tummy button towards the floor tightening your abdominals and squeeze your buttocks.
- Tilt your pelvis backwards and lift your hips up towards the ceiling.
- Squeezing your bottom, lifting it off the floor.
- Hold for 3 seconds and repeat 10 times.



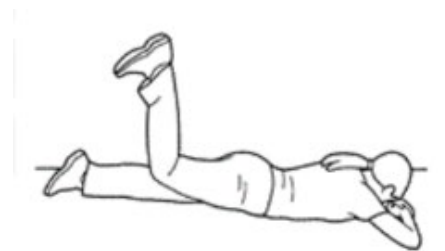
### 17. Double leg hamstring bridge:

- Lie on your back with knees slightly bent (straighter than double leg bridge exercise) and feet hip-width apart.
- Push your tummy button towards the floor tightening your abdominals and squeeze your buttocks.
- Tilt your pelvis backwards and lift your hips up towards the ceiling.
- Squeezing your bottom, lifting it off the floor.
- Hold for 3 seconds and repeat 10 times.



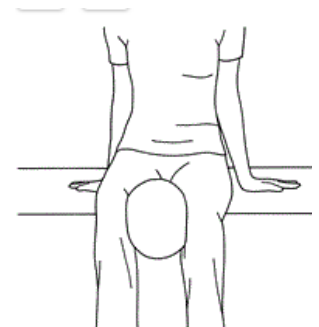
### 18. Prone lying hip extension:

- Lying on your tummy, bend the operated leg to 90 degrees.
- Slowly squeeze your bottom muscle and lift your thigh of the bent knee off the bed.
- Make sure your lower back muscles are not working too hard – you can do this by placing your hand on your lower back.
- Hold for 5 seconds. Complete 12 times.



### 19. Ball squeezes:

- Sitting on the edge of a chair. Put a ball between your legs.
- Squeeze the ball for a count of 5 seconds and relax.
- Complete 10 repetitions.



**20. Side lying abduction:**

- Lying on your side with your operated leg uppermost. Take your top leg slightly behind your hip.
- Lift your top leg squeezing your bottom, until hip height.
- If difficult, place a pillow under your leg and slightly lift your leg off the pillow.
- Complete 12 repetitions with 3 second hold.



**21. Wall squat:**

- Standing with your back leaning against the wall.
- Slowly slide down the wall until your hips and knees are at right angles, keeping knee in line with feet.
- Hold for 20 seconds.
- Complete 4 repetitions.



**End of Stage 2**

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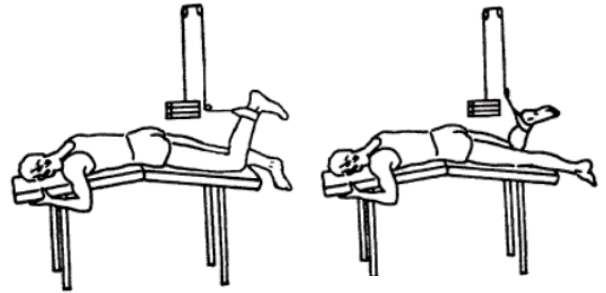
## Stage 3

### Criteria for progression onto this stage:

- Full range of movement through the hip joint.
- No pain around joint.
- Good functional control through movement.

### 22. Prone lying internal / external rotation:

- Tie a resistant band around your foot and ask someone to hold the band to the side of you.
- Lying on your stomach, slowly pull the band either towards your other leg or push away from your body.
- Change the band around so are you able to complete both movements.
- Complete 12 repetitions.



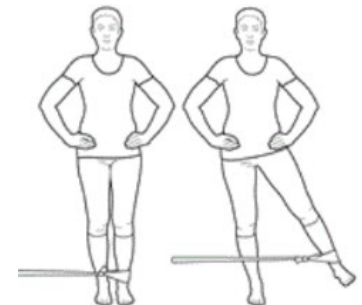
### 24 Single leg bridge:

- Lie on your back with your knees bent up to approximately 60 degrees, with your other leg extended off the bed next to your operated leg.
- Squeeze your tummy muscles down towards the bed and push through your bottom to lift your hips off the bed.
- Complete 10 times.



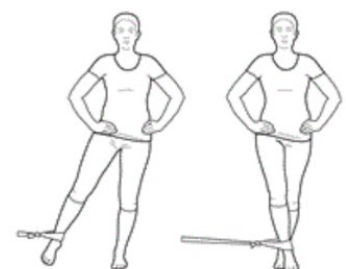
### 25 Resisted hip abduction:

- Stand tall and support yourself; use a chair or wall if needed.
- Place an exercise band around the ankle of your operated leg, with the other end tied around a solid table leg. Lift your leg and extend it away from your other leg. Keep your toes facing forward.
- Try to stand as tall as possible when completing this movement, no tilting.
- Complete 8 times.



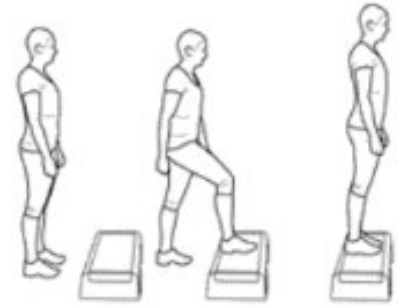
### 26 Resisted hip adduction:

- Stand tall and support yourself, use a chair or wall if needed.
- Place an exercise band around the ankle of your operated leg, with the other end around a solid table leg. Lift your leg and bring it across your other leg.
- Try to stand as tall as possible when completing this movement.
- Complete 8 times.



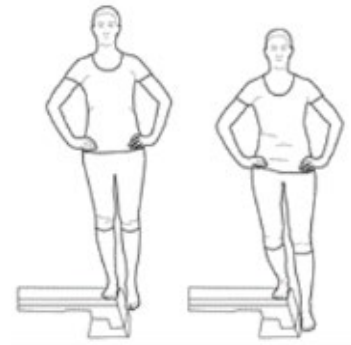
**27 Step up:**

- Start by standing behind a step and lift your operated leg onto the step.
- Step up and straighten your hip and knee. Squeezing through your thigh and bottom muscles.
- Maintain knees over your toes in alignment.
- Complete 8 times.



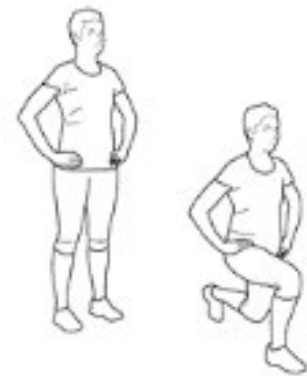
**28 Step down:**

- Stand with your operated leg on the edge of a step and your other leg hanging over the edge.
- Keeping your pelvis horizontal, bend your knee allowing the foot to brush the floor. Keep your bending leg in line with your big toe.
- Complete 10 times.



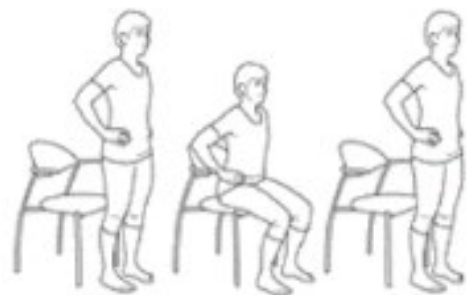
**29 Lunge:**

- Stand with your operated leg in front of the other, taking a long step forward.
- Squat down so you create a 90 degree knee bend on the front and rear knees. Keep knee in line with foot. Push through your legs to raise back up.
- Complete 10 times.



**30 Squat to 90 degrees:**

- Stand tall with your feet approximately hip-width apart and your weight distributed evenly.
- Make sure the chair behind you is at a suitable distance from you.
- Bend your knees and hips, lowering your bottom down to the chair.
- Knees and toes should be in line.
- Complete 10 repetitions.



**End of Stage 3**



## Stage 4:

### Criteria for progression onto this stage:

- End stage rehabilitation, returning to sporting activity.
- Able to complete above exercises from previous phases with control.

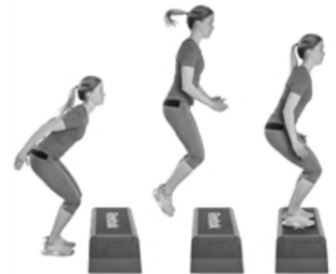
### 31. Landing off a step:

- Standing on top of a step, with equal weight bearing, jump off step and landing equally.
- Hold the position for 2 seconds.
- Ensure your knees are in line with your toes on landing.
- Complete 8 repetitions for 2 sets.



### 32. Jump onto and off step:

- Start in a squat position. Use both legs to jump up onto a step.
- Landing in a slight squat position, landing equally.
- Ensure knees are in line with toes.
- Complete 8 repetitions for 2 sets.



### 33. Single leg chair squat:

- Standing with a chair behind you. Stand on operated leg.
- Squat down aiming to sit on the chair lowering through the operated leg.
- Once sitting, push through just operated leg into standing position.
- Complete 12 times.



### 34. Single leg hop:

- Standing on operated leg.
- Hop upwards and land softly, keeping knee central knee over toe.
- Complete 12 times.



## End of Stage 4

### Further information

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**Please ask if you need this information in another language or format.**

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