

# HOME EXERCISE PROGRAM - STRETCHING

## Following Arthroscopic Hip Surgery



UC Irvine Health

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**Note: Do not hold your breath with any of these exercises.**

### 1. Stool Rotations

Place involved knee on stool. Rotate leg outward (**Figure 1a**) and hold for 10 seconds. Then, rotate leg inward (**Figure 1b**) and hold for 10 seconds. Keep hips facing forward so rotation comes from the surgical hip. Progress range without any pain and minimal discomfort. Perform 1 set of 10 repetitions.



Figure 1a



Figure 1b

### 2. Prone Hip Rotations

Rotate leg outward (**Figure 2a**) and hold for 10 seconds. Then, rotate leg inward (**Figure 2b**) and hold for 10 seconds. Keep hips facing down so rotation comes from the surgical hip. Progress range without any pain and minimal discomfort. Perform 1 set of 10 repetitions.



Figure 2a



Figure 2b

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### 3. Quadruped Rocking

Start on hands and knees (**Figure 3a**) and bring buttocks toward heels to increase hip motion. Progress leaning forward with chest towards surface (**Figure 3b**). Progress range without any pain and minimal discomfort. Hold end range position for 30 seconds, then return to original position. Perform 1 set of 5 repetitions.



Figure 3a



Figure 3b

### 4. Bent Knee Fall Outs

Lie on your back with both knees bent (**Figure 4a**). Perform a pelvic tilt with the operated leg (**Figure 4b**). Drop the involved knee to the side (only as far as you can). Do not let the opposite pelvis lift. Hold for 10 seconds, then return to original position. Perform 1 set of 5 repetitions.

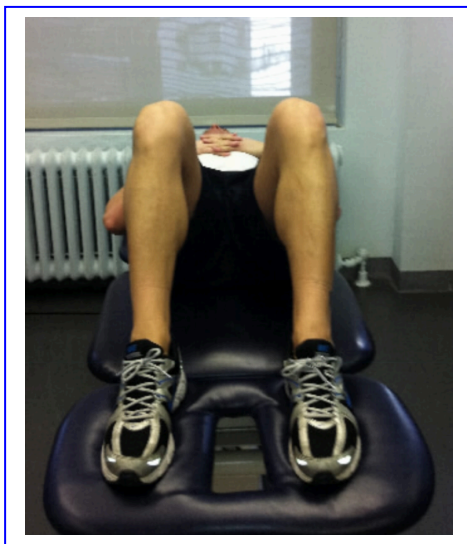


Figure 4a

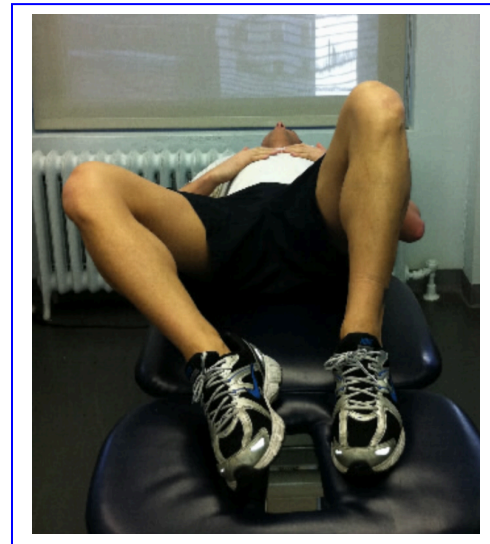


Figure 4b

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### 5. Hip Flexor Stretch

Place involved knee on stool (**Figure 5a**) keeping hips parallel to table, then slide stool back until you feel a strong stretch in the front of your hip. Hold for 30 seconds. Perform 1 set of 3 repetitions. You can also perform the stretch standing (**Figure 5b**).



Figure 5a



Figure 5b

### 6. Hip Adductor Stretch

Place involved knee on stool (**Figure 6a**) keeping hips parallel to table, then slide stool out to the side until you feel a strong stretch in the inner thigh (groin). Hold for 30 seconds. Perform 1 set of 3 repetitions. You can also perform the stretch standing (**Figure 6b**).



Figure 6a

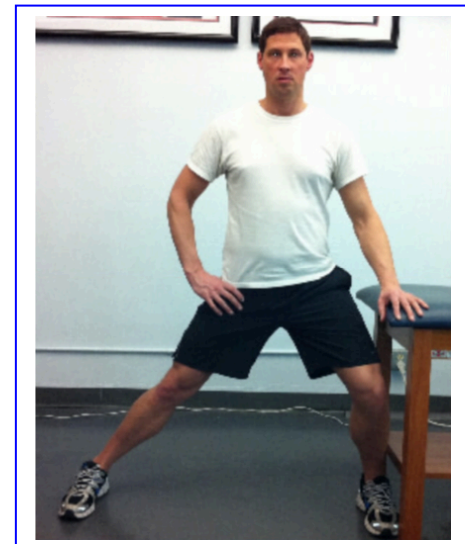


Figure 6b