

Rehabilitation after Hip Arthroscopy

Hip arthroscopy rehabilitation

Many people awaiting hip arthroscopy have experienced problems for months or even years and as a result have developed weakness and/or stiffness in their hip. Working on these issues before the operation will help you to recover more quickly following surgery. Following your operation these exercises form an important part of your post operative care.

Exercises to do before and after hip arthroscopy

All of these exercises should be repeated as advised by your physiotherapist. None of them should be painful but you may notice some discomfort initially which will gradually ease as your movement and strength improve. If you do notice an increase in your pain or have any concerns, please contact your physiotherapist.

1. Lie with your knee straight.

Point your toes away from your body, then reverse the movement and pull your toes towards you. Repeat 20 times on each foot.

You will feel this working the calf and shin muscles which help the circulation in your leg. This is important after your operation, so repeat 4 times per day for the first few weeks after surgery.



2. Lie with a rolled up towel or cushion under your knee.

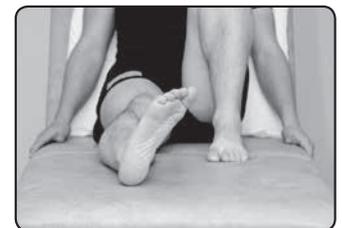
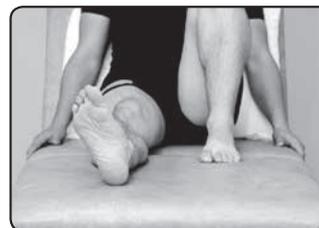
Tighten your knee muscles and straighten your knee for a count of 10 seconds. Relax. Repeat 10 times on each leg.



You should feel this working the muscles at the front of your thigh.

3. Lie with your knee straight.

Roll your knee and foot inwards so that your knee cap faces towards your opposite knee. Then roll your knee and foot outwards. Repeat 10 times.



4. Lie on your back with your knees bent and feet flat on the bed.

Tighten your lower stomach muscles whilst keeping everything else relaxed and your back

stationary. Keep breathing normally. Maintain the contraction of the stomach muscles for 10 seconds. Relax and repeat 10 times.



In the same position squeeze your buttock

muscles together (make sure that the backs of your thighs stay relaxed at the same time). Relax and repeat 10 times.

5. Lie on your back with your knees bent and feet flat on the bed.

Tighten your lower stomach and buttock muscles. Slowly roll your bottom and lower spine up from the bed until you are in a straight line from your knees to shoulders.

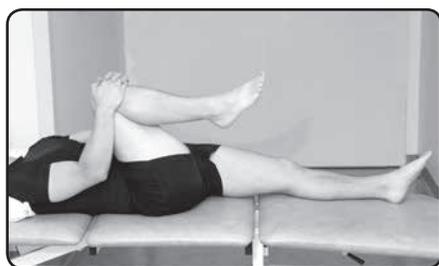
Hold this position for a count of 10 seconds. Relax. Repeat 10 times.



You should feel this working your buttock and thigh muscles.

6. Lie flat on your back on a bed. Keep your unaffected leg flat on the bed throughout the exercise.

Bend your affected hip and knee-slide the foot of your affected leg up towards your bottom.



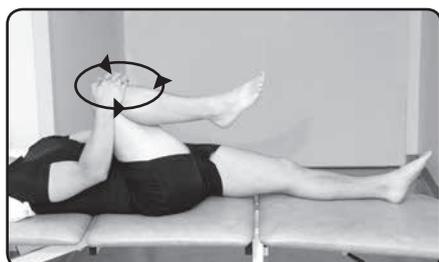
Hold this position for 5 seconds and then return the leg slowly to your starting position. Repeat 5 times.

As this movement gets easier, try moving your hip further by holding your knee with your hands and steadily drawing your knee towards your chest.

You should feel this as a gentle stretch in your buttock and groin.

7. Lie flat on your back on a bed.

Bend your hip towards your chest, supporting your knee with your hands.



Slowly roll your knee in a circle. Repeat 5 times and then repeat the circling motion in the opposite direction

8. Lie flat on your back on a bed.

Slide legs apart until you feel a stretch down your inner thigh and groin. Maintain this stretch for 20 seconds. Repeat 3 times.



9. Lie flat on your stomach for 10 minutes.

10. Lie flat on your stomach.

Keep your lower stomach muscles working throughout the exercise - this should stop your back and pelvis from twisting.

Bend the knee of your affected leg. In this position allow your foot to gradually drop towards the bed. Hold this position for a count of 5 seconds. Return to start position and then repeat in the opposite direction.



After your operation

Walking

Unless you are advised otherwise you are able to take full weight through your operated leg. You will be provided with crutches initially, but are allowed to walk without them as soon as you are comfortable to do so.

Movement

Unless you are advised otherwise, you are encouraged to move your hip as fully as possible. Jerky, sudden movement should be avoided.

Carry out your exercises regularly. They should be done for a few minutes at least 4 times a day - little and often is best.

Physiotherapy appointments

You will be given a physiotherapy appointment before you leave hospital. This appointment will be to check your progress and answer any questions you may have:

VENUE: Aftercare Physiotherapy Department, PEOC, RD&E

DATE:

TIME:

CONTACT NUMBER: 01392 403509

You will also be sent a physiotherapy appointment to continue your rehabilitation either at RD&E or a hospital local to your home if you live a long distance away.

Recovery landmarks

Although each person will recover at different rates after hip arthroscopy, the following gives you a general guide of what you can aim for after surgery.

2 weeks after arthroscopy

- Bruising, swelling and pain should be improving steadily
- The small scars should be almost healed
- You should be able to walk without crutches, at least for short distances
- Your hip movement should be improving
- You should have started physiotherapy
- If you have a sedentary job, you will be able to return to work as soon as you feel able

6 weeks after arthroscopy

- You should be able to walk for increasing distances
- Your hip movement should be back to the level you had before the operation

- You will be able to drive providing you feel safe and competent to do so
- Your activity levels should be steadily increasing and you should be able to do low impact sports such as swimming or light work in the gym
- If you have an active job, you will be able to return to work as soon as you feel able.
- You will be reviewed by the orthopaedic team at RD&E
- You may still be noticing some groin pain

3 months after arthroscopy

- If you have a very heavy job you will be able to return to work as soon as you feel able.
- You should be able to return to medium impact sporting activity such as jogging. You still need to avoid high impact, twisting or contact sports

4 months after arthroscopy

- You are able to return to contact sports providing you have returned to full fitness and training

Notes

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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