

Sports & Orthopaedic Specialists

DR. RYAN FADER

Hip Arthroscopy with Capsular Shift Initial Home Exercise Program

-This handout details the most frequently prescribed exercises for the first two weeks following hip arthroscopy with capsular shift. Patient should complete these exercises **twice per day**.

-If questions arise, contact Dr. Fader's team at Sports & Orthopaedic Specialists: 952.946.9777

ADDUCTOR ISOMETRIC #1

Lie on back. Legs flat.
Ball or towel roll between knees.

Squeeze legs together.
Feel inner thighs engage.

Hold 3 seconds. Complete 20 repetitions.

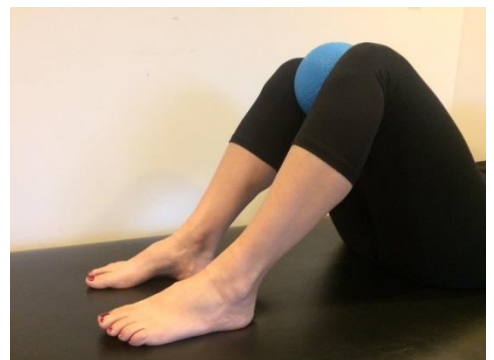


ADDUCTOR ISOMETRIC #2

Lie on back. Knees bent. Feet flat.
Ball or towel roll between knees.

Press knees together.
Feel inner thighs engage.

Hold 3 seconds. Complete 20 repetitions.



ABDUCTOR/ER ISOMETRIC

Lie on back on couch.
Knees bent. Feet flat.

Press outside of knee against the back of the couch.
Feel outside of hip engage.

Hold 3 seconds. Complete 20 repetitions.



INITIAL HEP: CAPSULAR SHIFT

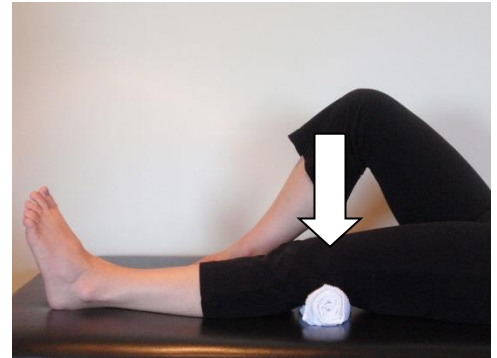


QUADS SET (WITH ISOMETRIC HIP EXTENSION)

Place small towel roll under knee.
Squeeze quads by pressing your knee down into the towel roll.

At the same time, press your heel downward.

Hold 3 seconds. Complete 20 repetitions.



HAMSTRING SET

Lie on back. Knee bent. Foot flat.
Press your heel down and back.

Feel hamstring engage on back of thigh.

Hold 3 seconds. Complete 20 repetitions.



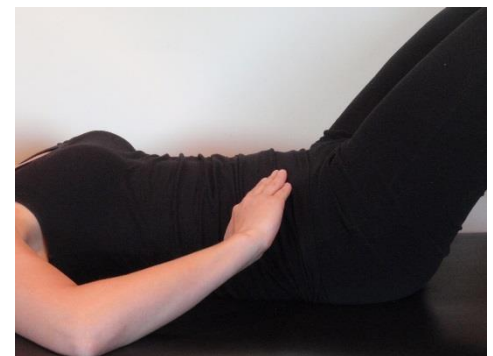
TRANSVERSE ABDOMINUS SET

Lie on back in neutral spine. Knees bent. Feet flat.

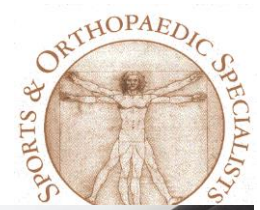
Exhale with pursed lips (blowing out candle) and squeeze abdominals.
Pull belly button down as if zipping up tight pair of jeans.

Inhale and relax.

Hold 3 seconds. Complete 20 repetitions.



INITIAL HEP: CAPSULAR SHIFT



PELVIC TILT

Lie on back in neutral spine. Knees bent. Feet flat.

Exhale with pursed lips (blowing out candle) and imprint spine (flatten back).

Hold 3 seconds. Complete 20 repetitions.

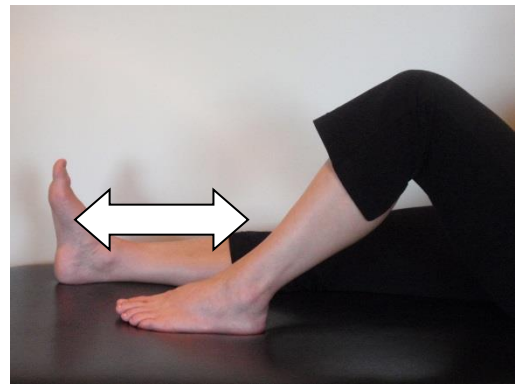


HEEL SLIDE

Lie on back.

Slide your heel toward your hip by bending your knee. Then straighten knee.

Hold 3 seconds. Complete 20 repetitions.



QUAD ROCK BACK

Start on hands and knees.

Gently rock back pressing glutes toward heels.

Hold 10 seconds. Complete 10 repetitions.

