

Sports & Orthopaedic Specialists

DR. RYAN FADER

STRETCHING AND RANGE OF MOTION

- This stretching and ROM program provides a generalized exercise guideline for patients prior to hip arthroscopy.
 - Complete this program three to four times per week (about every other day).
 - Complete these stretches GENTLY. An increase in symptoms should last no more than 2 hours after your stretching session. If a prolonged increase in symptoms occurs, stretch more gently at your next session.
 - If questions arise, contact Dr. Fader's team at Sports & Orthopaedic Specialists: 952.946.9777
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BENT KNEE FALL OUT

Lie on back with knees bent and feet flat.
Engage abdominals.

Keep pelvis still and allow knee to fall
(with control) to the side.

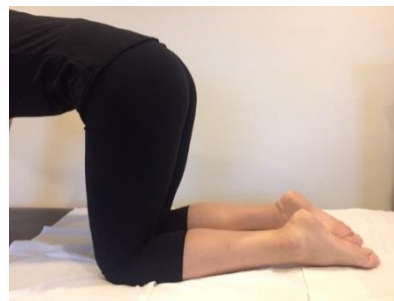
Hold 10 repetitions for 10 seconds.
Then return leg to start position



QUAD ROCK BACK

Start on hands and knees.
Gently rock back pressing glutes toward heels.

Hold 3 repetitions for 30 seconds.



HIP STRETCHING & ROM



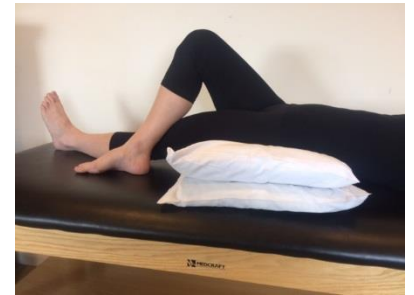
HIP FLEXOR / IT BAND STRETCH

Lie on back with two pillows under hips.
Reach involved leg down and across midline.

Bend other knee over the top to stabilize the straight leg.

Feel stretch across the front of the hip.

10-15 minutes while applying ice to the hip.



PRONE HIP ROTATION

Lie on stomach. Bend knee.
Rotate foot in and out in a comfortable range.

Hold 10 repetitions for 10 seconds.



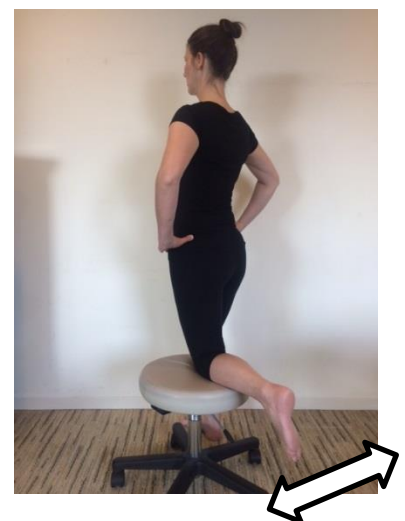
IF YOU HAVE A STOOL OR A ROLLING CHAIR AT HOME, TRY THE NEXT EXERCISE AS AN ALTERNATIVE.
CONTINUE WITH THE EXERCISE THAT PROVIDES YOU WITH THE BETTER STRETCH.

HIP ROTATIONS

Rest involved knee on stool.
Rotate foot outward.
Rotate foot inward.

Keep hips square.
Hold on for balance.

Hold 10 repetitions for 10 seconds.



HIP STRETCHING & ROM



ADDUCTOR STRETCH

Take a wide stance.
Lunge/lean to the side to stretch opposite inner thigh.

Use hands for support if needed.

Hold 3 repetitions for 30 seconds.



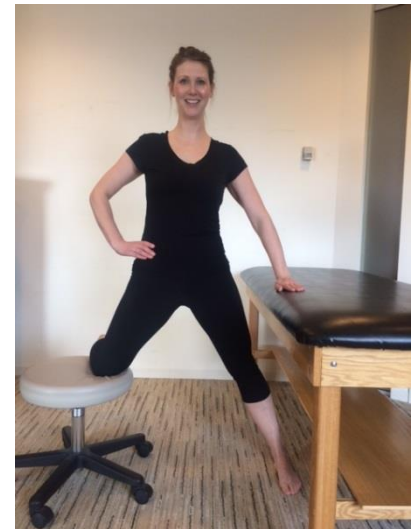
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ADDUCTOR STRETCH WITH STOOL

Rest involved knee on stool.
Slide stool to side until you feel stretch in your inner thigh.

Hold on for balance.

Hold 3 repetitions for 30 seconds.



HIP STRETCHING & ROM



HIP FLEXOR STRETCH

Take a long stride. Squeeze your glutes.
Then press hips forward to feel a stretch across front of the hip/thigh.

Hold 3 repetitions for 30 seconds.

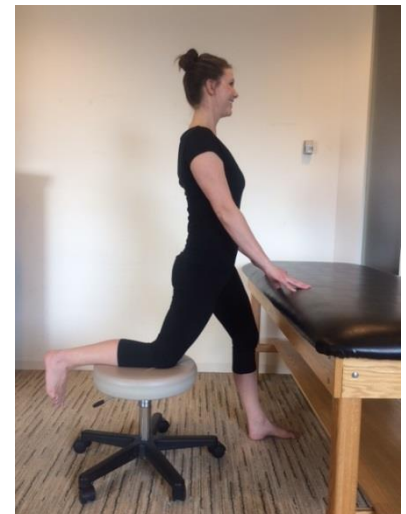


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CONTINUE WITH THE EXERCISE THAT PROVIDES YOU WITH THE BETTER STRETCH.

HIP FLEXOR STRETCH WITH STOOL

Rest involved knee on stool.
Slide stool backward until you feel stretch across front of hip/thigh.

Hold 3 repetitions for 30 seconds.



HIP STRETCHING & ROM



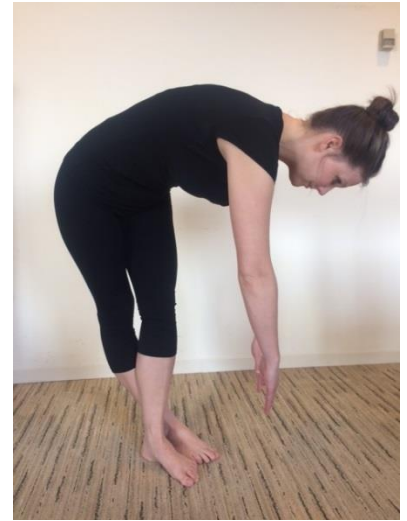
STANDING IT BAND STRETCH

In standing, cross affected leg behind.

Bend forward and turn your trunk in the direction of your front leg.

You may hold on for balance.

Hold 3 repetitions for 30 seconds.



PIRIFORMIS STRETCH

Sit with tall posture. Cross ankle over knee.

Pull knee across body toward your armpit. Feel a stretch in your glute.

Hold 3 repetitions for 30 seconds.

