



Sports & Orthopaedic Specialists

DR. RYAN FADER

POSTOPERATIVE HIP MAINTENANCE PROGRAM

-This program provides an ongoing rehab program that patients should complete for one year after surgery or until they return to pre-surgery levels of activity. Complete this program three to four times per week (about every other day). You do not have to do all of the exercises at every session. Rotate through the exercises completing approximately 20 minutes of exercise at every session. If any of the exercises increase your hip pain beyond a 3/10, stop completing that exercise and continue with the others.

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

STRENGTH

SINGLE LEG BRIDGE

Complete a bridge by pressing through only one leg.

Complete 2x15. Right and left.

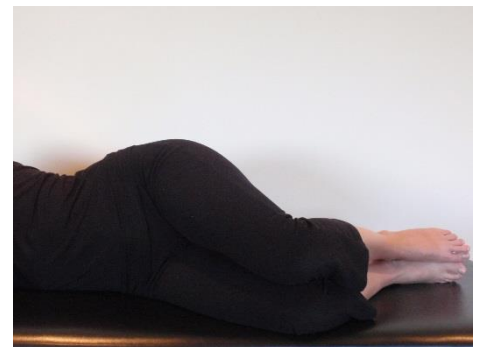


CLAM SHELL

Lie on side with both knees bent.

Lift top knee. (The way a clam would open its shell.)
Feet stay together. Keep hips stacked / torso vertical.

Complete 2x15. Right and left.



POSTOP HIP MAINTENANCE



SIDELYING HIP ADDUCTION

Lie on side with top leg bent over the bottom leg and foot flat on the floor. Squeeze inner thigh and lift bottom leg 2-3 inches off the floor.

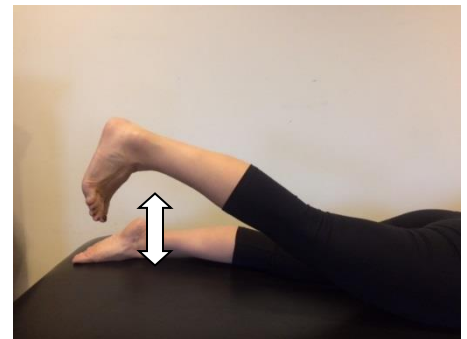
Complete 2x15. Right and left.



PRONE HIP EXTENSION

Lie on stomach. Engage core. Squeeze buttock and lift leg up as high as you can without arching your back.

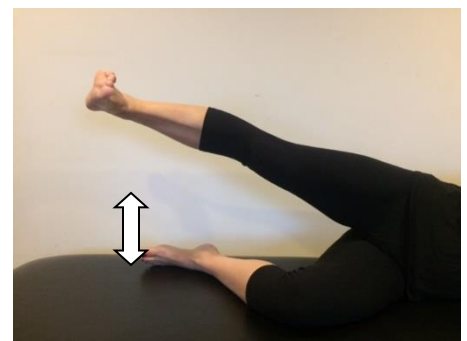
Complete 2x15. Right and left.



SIDELYING HIP ABDUCTION

Lie on side with bottom leg bent. Engage core. Lift top leg up and slightly back.

Complete 2x15. Right and left.



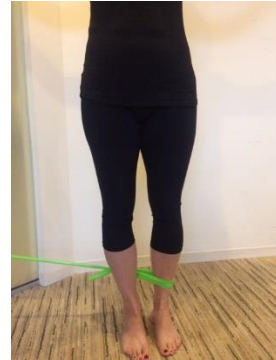
POSTOP HIP MAINTENANCE

HIP ABDUCTION WITH CABLE COLUMN OR BAND

Loop band on ankle and secure tightly at other end.
Thread the band behind stance leg.
Hold on for balance if needed.

Stand tall and pull leg out against band.

Complete 2x15. Right and left.

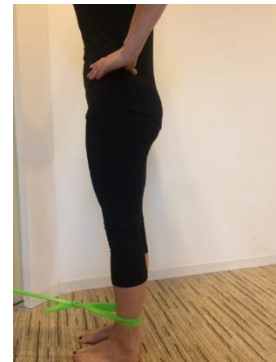


HIP EXTENSION WITH CABLE COLUMN OR BAND

Loop band on ankle and secure tightly at other end.
Hold on for balance if needed.

Stand tall and pull back against the band.

Complete 2x15. Right and left.

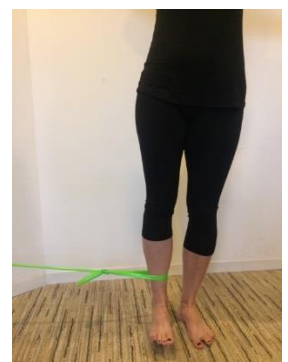


HIP ADDUCTION WITH CABLE COLUMN OR BAND

Loop band on ankle and secure tightly at other end.
Hold on for balance if needed.

Stand tall and pull in against band.

Complete 2x15. Right and left.



POSTOP HIP MAINTENANCE



WALL SQUAT

Lean against wall with feet 12-18 inches from wall.

Squat down to perform MINI squat.

Hold 3 repetitions for 60 seconds.



WALKING SQUAT

Secure exercise band just above the knees.
Perform a mini squat.

Step sideways from a standard squat to a wide squat.
Then step back to a standard squat again.

Complete 2x15



POSTOP HIP MAINTENANCE

HIP HIKE

Stand on step on one leg. Keep both knees straight.

Drop pelvis down until foot is below the height of the step.

Then imagine pulling foot out of quicksand and hike hip upward.

Complete 2x15. Right and left.

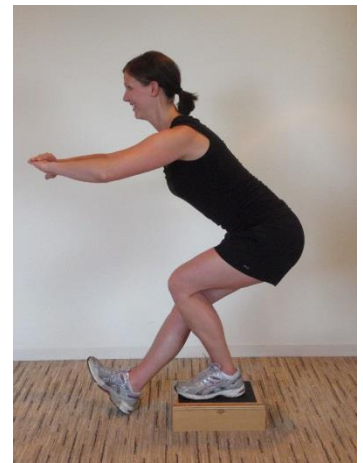


STEP DOWN

Stand on 4-6 inch step.

Squat on a single leg as if stepping down until heel brushes the floor.

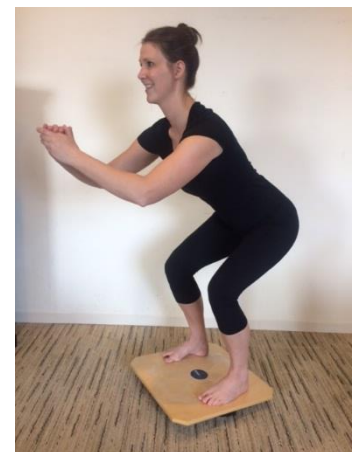
Complete 2x15. Right and left.



SQUAT ON BOSU OR BALANCE BOARD

Perform squats on Bosu or balance board.

Complete 2x15.



POSTOP HIP MAINTENANCE

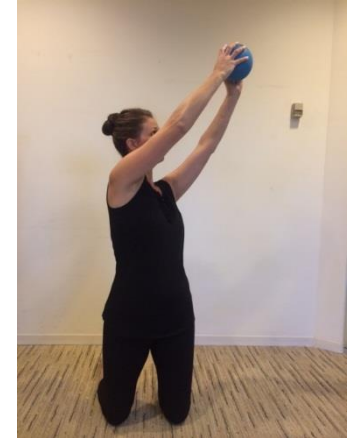
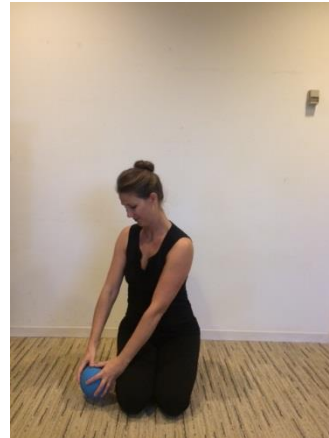


KNEELING ROTATION WITH CABLE COLUMN / BAND / MEDICINE BALL

Start kneeling on your heels.

Pull up and across your body until you are in a tall knee.

Complete 2x15. Right and left.



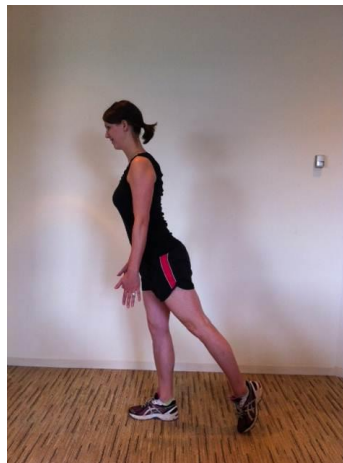
SINGLE LEG ROMANIAN DEAD LIFT

Stand on one foot.

Keep your body straight from head to heels.

Tip forward until hands reach knee height.

Complete 2x15. Right and left.



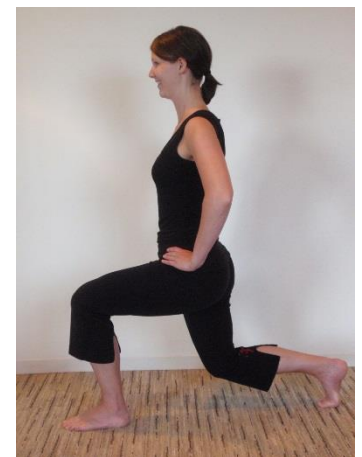
FORWARD LUNGES

Take a large step forward and bend both knees to complete a lunge.

Continue walking forward while completing lunges.

Keep knees aligned.

Complete 2x15. Right and left.



POSTOP HIP MAINTENANCE



CORE

FRONT PLANK

Perform a front plank on forearms and feet.

Hollow shoulder blades.
Squeeze glutes.

Hold 3x30 seconds.



SIDE PLANK

Perform a side plank on forearm and feet.

Hold 3x30 seconds. Right & left.



BIRD DOG

Position yourself on hands and knees. Neutral spine.
Extend leg behind you and at the same time, lift opposite arm.

Hold 3x30 seconds. Right & left.



POSTOP HIP MAINTENANCE



STRETCH

ADDUCTOR STRETCH

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

Use hands for support if needed.

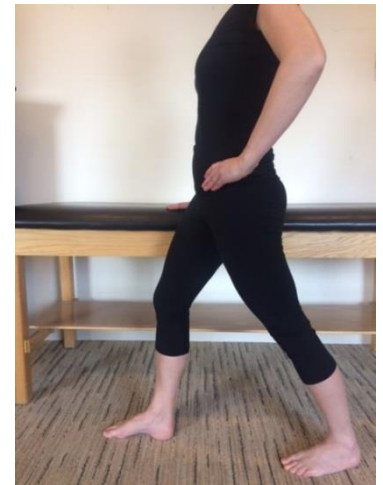
Hold 3 repetitions for 30 seconds.



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.



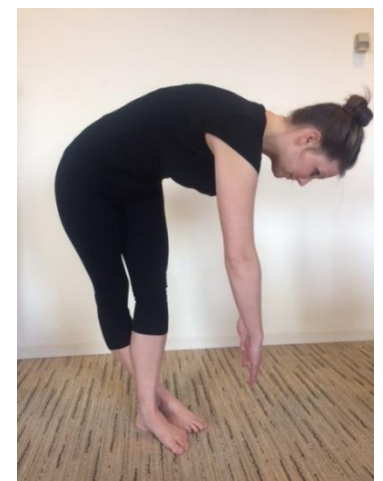
STANDING IT BAND STRETCH

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.



POSTOP HIP MAINTENANCE

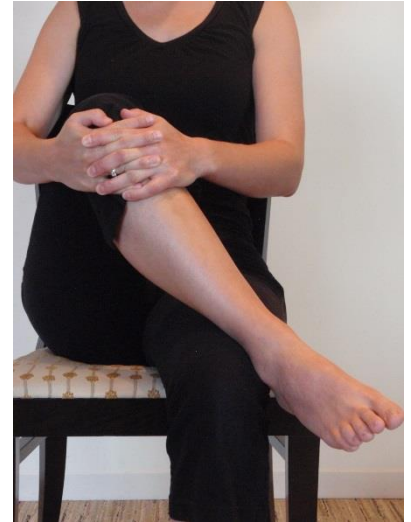


PIRIFORMIS STRETCH

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.



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.

