



Sports & Orthopaedic Specialists

DR. RYAN FADER

HIP & CORE PRE-REHAB PROGRAM

-This hip & core 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). You do not have to do all exercises in the program at every exercise session. Rotate through the exercises and complete about 20 minutes of exercises per session.

-Before each exercise session, rate your baseline pain. During the exercises, your pain should not go up more than 2 levels. (Example: Baseline pain is 2/10. It's ok for pain during exercise to increase to 4/10 but not 5+/10). If pain is increased more than 2 levels with a particular exercise, 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

BRIDGE

Lie on your back with knees bent and feet flat.

Squeeze glutes and press hips upward.
Return to start position.

Complete 2x15

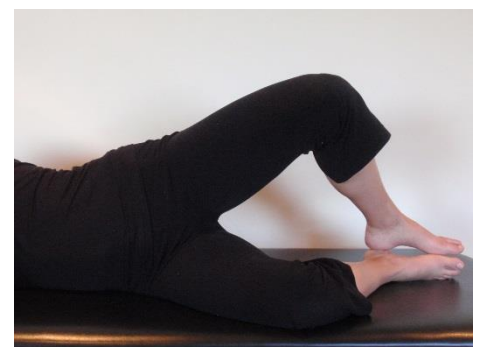
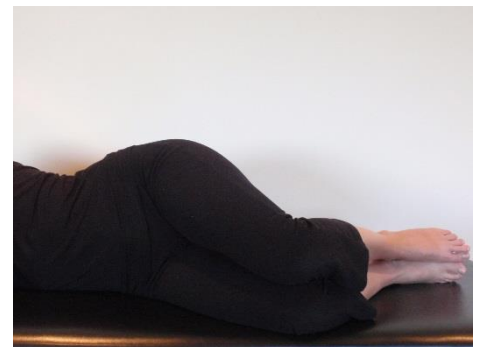


CLAM SHELL

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.



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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.

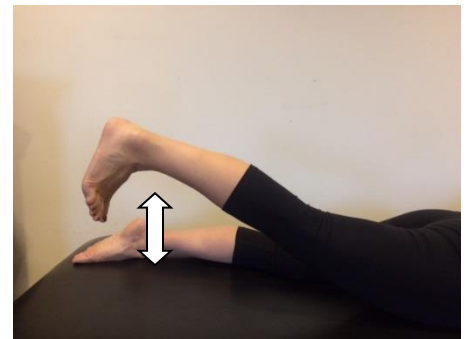
Complete 2x15. Right and left.



PRONE HIP EXTENSION

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

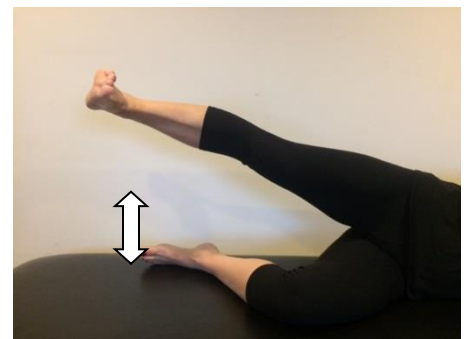
Complete 2x15. Right and left.



SIDELYING HIP ABDUCTION

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

Complete 2x15. Right and left.



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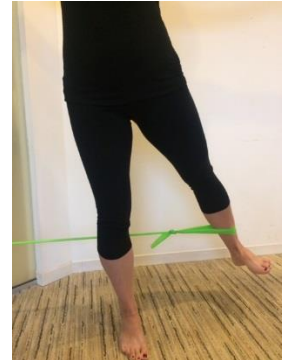
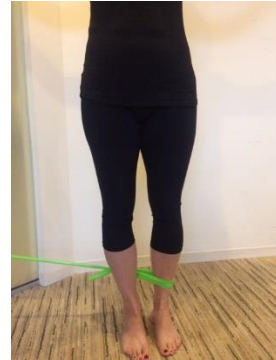


HIP ABDUCTION WITH CABLE COLUMN OR BAND

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.

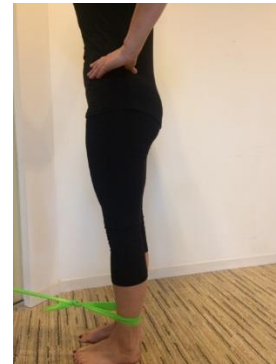


HIP EXTENSION WITH CABLE COLUMN OR BAND

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.



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WALL SQUAT

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

Squat down to perform MINI squat.

Hold 3 repetitions for 60 seconds.

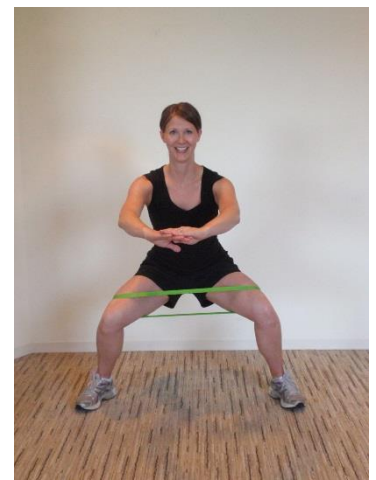


WALKING SQUAT

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



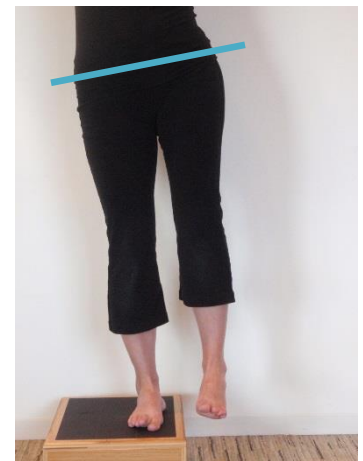
HIP HIKE

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.



HIP & CORE PRE-REHAB PROGRAM

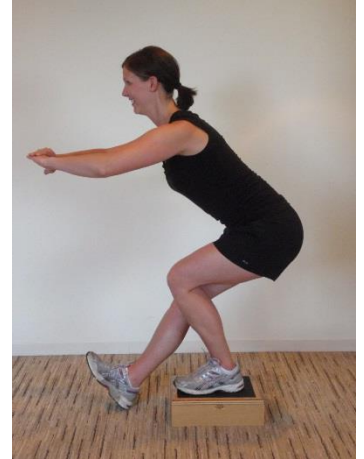


STEP DOWN

Stand on 4-6 inch step.

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

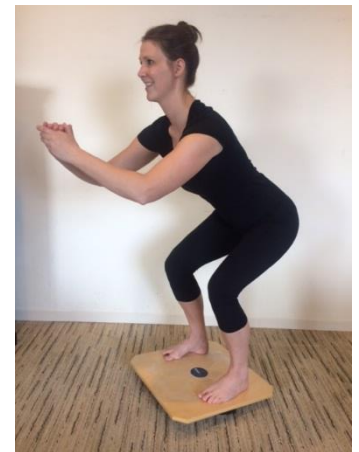
Complete 2x15. Right and left.



SQUAT ON BOSU OR BALANCE BOARD

Perform squats on Bosu or balance board.

Complete 2x15.

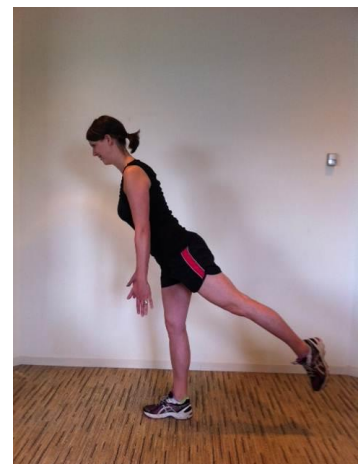
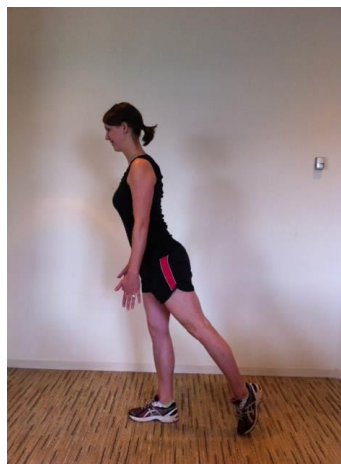


SINGLE LEG ROMANIAN DEAD LIFT

Stand on one foot.
Keep your body straight from head to heels.

Tip forward until hands reach knee height.

Complete 2x15. Right and left.



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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.



HIP & CORE PRE-REHAB PROGRAM



STRETCH

PRONE HIP ROTATION

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

Hold 10 repetitions for 10 seconds.
Right and left.



QUAD ROCK BACK

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

Hold 3 repetitions for 30 seconds.



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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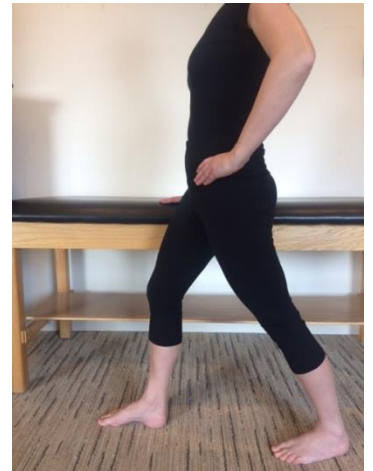


HIP FLEXOR STRETCH

Stand tall in a very small lunge with affected leg behind.

Squeeze glutes and press hips slightly forward.

Hold 3 repetitions for 30 seconds.



HIP FLEXOR / IT BAND STRETCH

Lie on your back with 2 pillows under glutes.

Cross your unaffected leg over and press affected leg across midline.

Hold 3 repetitions for 30 seconds.

