

## Instructions for patients and physiotherapists

### Hip arthroscopy exercise programmes

These exercises are a guide to managing rehabilitation for patients who have undergone a hip arthroscopy under the care of Prof Richard Field. The exercises are appropriate for individuals who have been told that they can fully weight bear through their operated leg after surgery.

If you have been told to partially weight bear because you have had a procedure to your cartilage, you can still complete the entire early-stage exercise programme safely. However, you should be fully weight bearing before attempting any heel raises or exercise number 7 stage 2 in the mid-stage programme. It is best to delay starting the advanced programme until you are fully weight bearing.

It is recommended that a physiotherapist manages your rehabilitation. They may choose to further tailor the programme to your specific situation. Rehabilitation following a hip arthroscopy should be approached cautiously and gradually built up over a 16 to 30 week period with incremental increases in difficulty, weight and time that the exercise is carried out for.

If any exercise is painful, you should stop. You may be attempting it too early, doing it incorrectly or too often. You should seek further detailed advice from your physiotherapist. Your physiotherapist is welcome to contact our team if they have any queries.

#### **Return to running and other impact activities**

If you wish to return to running and other impact activities, a graduated walk-to-run programme is recommended. However, this should only be tried once the following has been achieved:

- The hip is pain free for walking long distances
- Full pain free passive hip ROM
- Satisfactory muscle control of the hip and pelvis has been achieved
- Isometric strength in the operated leg should be a minimum of 95% of the unaffected leg
- Adductor:abductor isometric strength ratio 1:1
- x 5 sets of 25 squats holding 100 % of your own body weight
- x 4, 30 second side planks on a chair or weight bench
- You should be able to complete the late stage exercise programme easily

Your physiotherapist should assess and advise you on your return to running. Typically, running is achieved somewhere between 16 to 20 weeks after surgery. In many cases it takes much longer to return to running and other impact activities. Each person should be physically assessed and advised about when they are ready. We wish you all the best with your recovery.