

Hip Preservation Physical Therapy Exercises

Please Note: Sets and repetitions are based on low intensity guidelines. All below exercises are appropriate for pre-operative preparation for hip preservation surgical interventions.

Lower Extremity Stretching

These stretches are safe to perform prior to surgery in a pain-free range

HAMSTRING STRETCH WITH TOWEL/STRAP



While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg. Ensure opposite knee is bent and that your knee on the leg being stretched is in a straightened position.

3 sets, 30 second hold, 1-2x/day

SINGLE KNEE TO CHEST STRETCH



While lying on your back, hold your knee and gently pull it up towards your chest. Keep opposite knee bent.

3 sets, 30 second hold, 1-2x/day

PIRIFORMIS STRETCH



While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and over towards the opposite shoulder as shown.

3 sets, 30 second hold, 1-2x/day

**Perform as tolerated as pain allows*

CALF STRETCH WITH TOWEL – GASTROCNEMIUS

Add proper picture here

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area. Keep your knee in a straightened position during the stretch.

3 sets, 30 second hold, 1-2x/day

Knee/Hip/Core Strengthening

These strengthening exercises are safe to perform prior to your hip surgery in a pain-free range

ABDOMINAL BRACE



Laying on your back with your knees bent, draw in your belly button as if putting on a tight pair of pants. It should feel like you are flattening or pushing your back into the table/bed.

2 sets, 10 repetitions with 10 second hold, 1-2x/day

STRAIGHT LEG RAISE – SLR



While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Ensure core muscles are activated.

2 sets, 10 repetitions, 1-2x/day

STRAIGHT LEG RAISE ABDUCTION



While lying on involved side raise top leg up towards ceiling without allowing top hip to roll backwards. Keep body in one straight line from head to toe.

2 sets, 10 repetitions, 1-2x/day

BRIDGING



While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

2 sets, 10 repetitions 3 second hold, 1-2x/day

HIP ADDUCTION SQUEEZE – SUPINE



Place a rolled-up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly. Ensure core is activated. Hold and then release and repeat.

2 sets, 10 repetitions 10 second hold, 1-2x/day

SUPINE HIP ABDUCTION – CLAMSHELL



Lie down on your back with your knees bent, tighten your core and then draw your knees apart.

2 sets, 10 repetitions, 1-2x/day

LONG ARC QUAD



While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown. Ensure core muscles are activated.

2 sets, 10 repetitions, 1-2x/day