

## **Prehabilitation before Hip Surgery**

Goals: Increase lower body strength with good core control.

Please see how you feel with these exercises. If something causes discomfort or pain – don't push through the pain to do it.

PreHab exercises: Page one – Do these 3x10 on each leg daily. All other exercises, start with 1x10, with good form, 2-3 times per week. If pain, or unable to complete without good form, skip that exercise.

You can do any exercise you like that causes no pain during or lasting pain the days after the activity.

Do not over stretch, you can do light stretching – gently holding 3x30 seconds.

### **A. Standing Hip Abduction in Internal Rotation:**

***3 sets / 10 repetitions / Once a day***

**Standing on one foot, point opposite toe inward slightly. Maintaining a level pelvis, lift your straight leg out to the side and hold for 2-3 seconds before slowly returning to start position. Do not lean away from the moving leg. Repeat on both sides. {microfracture patients: wait until you are fully weight bearing before standing on non-surgical side}**



## B. Bridges

**Choose one exercises per day**

**1 set/ 20-30 repetitions / 3 x per week**

**For each exercise, continue each repetition when able to hold stable AND no pain is felt.**

**Double leg bridge:** Lying on your back place rubber tubing around knees with hip and knees bent. Raise buttocks while keeping core stable then slowly lower.

**Single leg bridge:** Progress to single leg bridging.

**Bridge with shoulders on Ball:** Progress to laying with shoulders on ball and feet on floor then lowering and raising your buttocks.

**Bridge with single leg:** Progress to lifting one leg by extending the knee then perform with the other leg. Do not go up and down with the hips.



**C. Sidelying Glut Medius Clams:**

*1 set/ 20-30 repetitions / 3 x week*

*Please avoid sidelying straight leg raises as the joint reaction force is greater in this position (clams, as pictured, are okay to perform)*

**Neutral Hip Clams:**

Laying on your side, hips **straight** and knees bent to 90 degrees. Engage TA & squeeze glute to raise top knee without shifting pelvis, heels remain together throughout. Do not allow spine to collapse to table.



**Hip Extensions:** Keeping chest flat on table, engage TA, then squeeze glute and lift heel toward the ceiling, Keep hips touching table. Repeat twenty times.



**Romanian Dead Lift:** Keeping knee straight, reach down toward the floor as you lift one leg toward the ceiling. With a flat back, reach down until feeling a light stretch in the hamstring, stand up tall to return to start position.



**Double Leg Squats:** Start standing with feet shoulder width apart, bend at the knees – sitting back as if into a chair, to 60°. Do not allow knees to go past toes.  
**30 x 3**



**Bridge with Ball (heels on ball)** Keep TA drawn in, slowly lift up hips and keep them even & controlled throughout motion. **Repeat for ten repetitions**



**Bridge with Ball to Hamstring Curl** – Dig heels into the ball and pull heels toward buttocks, keeping hips high and controlled. **Repeat for ten repetitions**



**Toe Bridges.** Keep TA drawn in, slowly lift up hips and keep them even & controlled throughout motion. **Repeat for ten repetitions**

**Be well,**

Stay active – keep moving!