

POST-OP HIP AND GROIN

Home Exercise Programme



Orthopaedic & Sports Medicine Hospital
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The aim of these exercises is to help you recover and return to your normal activities as quickly as possible

BED EXERCISES

Ankle and Toes Movement

- Move your foot and toes all the way up and down.
- Repeat it 30 times every hour while awake.



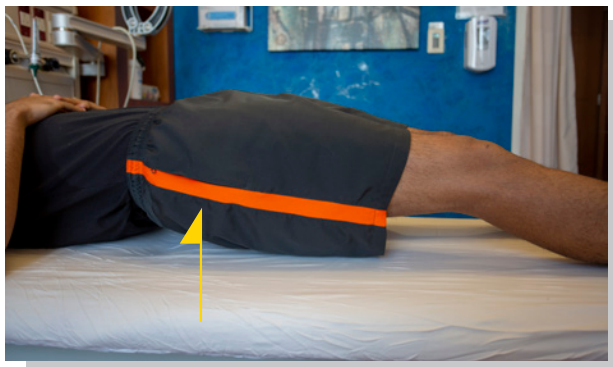
Knee: Active Flexion - Extension

- Alternate bending and straightening your knee as tolerated by sliding your foot on the bed.
- Repeat 10 times every hour.



Gluteal Muscles Activation

- Squeeze your buttock muscles and lift your hips off the bed as high as you can.
- Hold for 6 seconds.
- Repeat 10 times every hour.



Standing Exercises

Pelvic Rotation

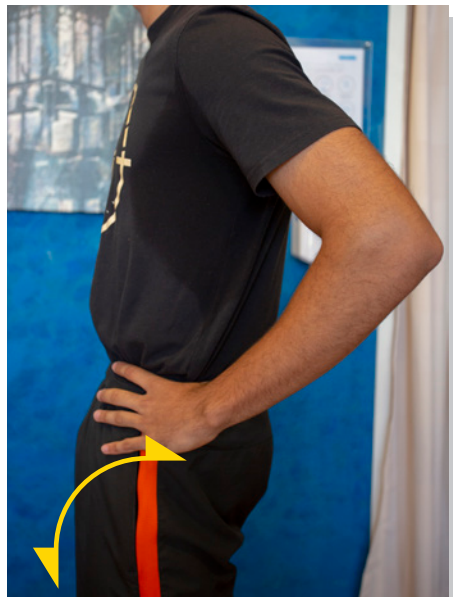
- While standing gently rotate your pelvis in a circular motion.
- Repeat 10 times clockwise.
- Repeat 10 times counterclockwise.
- Perform exercises every time you get out of bed.



Rotation

Pelvic Tilt

- While standing, gently tilt your pelvis forward and backward.
- Repeat 10 times every hour.
- Perform exercises every time you get out of bed.



Front/Back

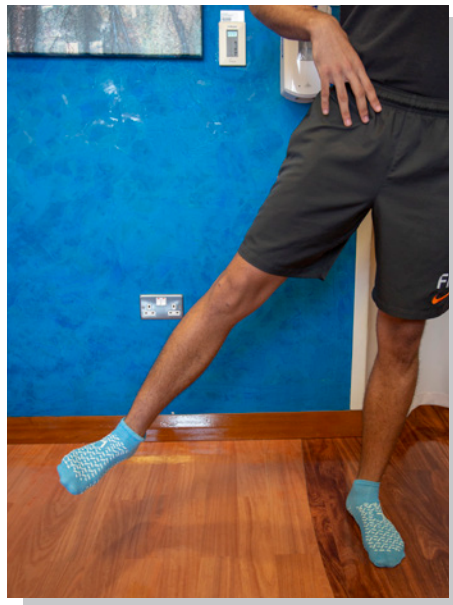
Hip pendulum

- Stand on one leg. Move the other leg backward while keeping your knee straight.
- Relax, allowing your leg to swing forward freely.
- Repeat 10 times on each leg.
- Perform exercises every time you get out of bed.



Hip Abduction

- Move your leg sideways away from your body.
- Relax, allowing your leg to swing back freely in front of the standing leg.
- Repeat 10 times every hour on each leg.
- Perform exercises every time you get out of bed.



Transfers

Move in/out of bed by rolling on your side:

- Bend one knee and keep the other one straight.
- Roll like a log onto the less painful side with pelvis and shoulder moving together.
- To sit up, push down on the bed with your hands while lowering your feet off the bed.



Recommendations & key points

1. Perform the exercises every hour; the exercises are easy but very important in your recovery.
2. All exercises should be done without increasing your resting pain.
3. Apply ice every 2 hours for 10 minutes.
4. Walk 10 minutes every hour until your first physiotherapy appointment.

Rehabilitation Department

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