

Hip Arthroscopy Exercises



1. Hip bends in bed

Lie on your back with your legs straight. Slide your foot up the bed to bend your hip and knee, then slide it back down to straighten. A plastic bag or slide sheet under your foot can help.

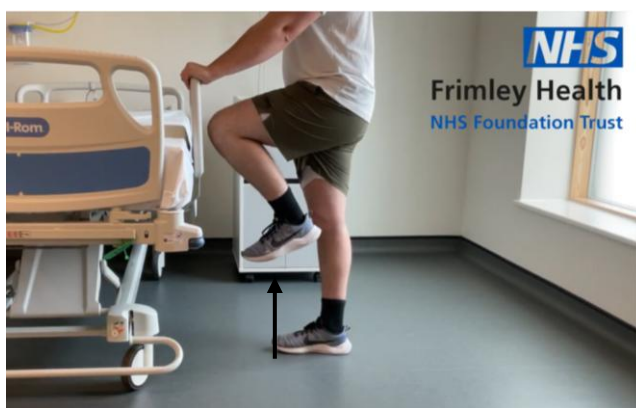
10 reps x3 a day



2. Leg out to the side lying

Lie flat on your back. Gently slide your affected leg out to the side, then return it to the centre. A plastic bag or slide sheet under your foot can help.

10 reps x3 a day



3. Hip march (standing)

Hold onto a stable support. Lift your affected leg forward, bending the hip and knee. Hold briefly, then lower slowly.

10 reps x3 a day



4. Leg out to the side (standing)

Hold onto a support. Keep your leg straight and lift your affected leg out to the side. Keep your body upright, pelvis still, and toes facing forward. Hold briefly, then lower slowly.

10 reps x3 a day

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5. Leg out behind (standing)

Hold a support and stand tall.
Keeping your leg straight, move your affected leg backwards behind you.
Keep your body upright and avoid leaning forward.
Return to starting position.

10 reps x3 a day