

HIP POST-OP MAINTENANCE PROGRAM

General Guidelines:

1. Program should be done 3-4 times a week.
2. 3 sets of 10 repetitions
3. These exercises are to be used as a guide only; if patient experiences pain during or after these exercises, they should not be performed.

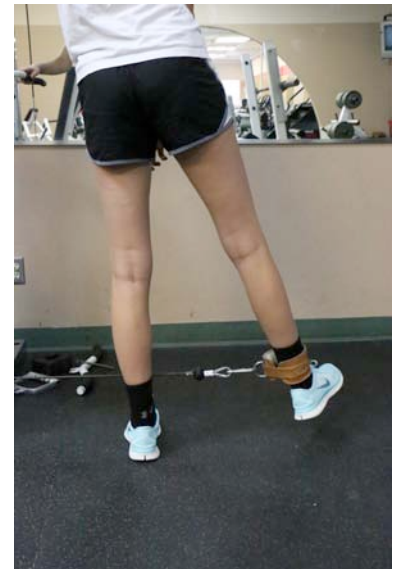
STRENGTH COMPONENT



Cable Column Hip Extension



Hip Adduction



Hip Abduction



Cable Column Hip flexion



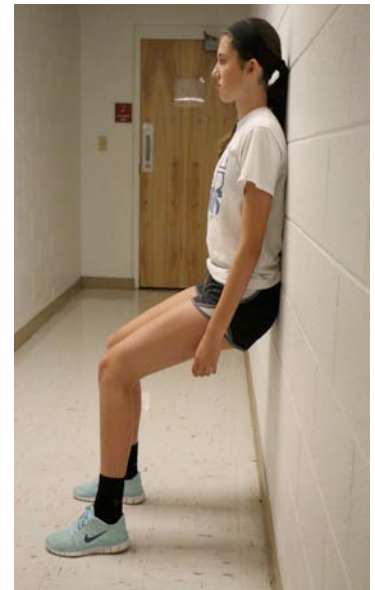
Unilateral Bridging



Step Downs on Step or Bosu



**Mini Squats on Balance Board
or Bosu**



Wall Sits



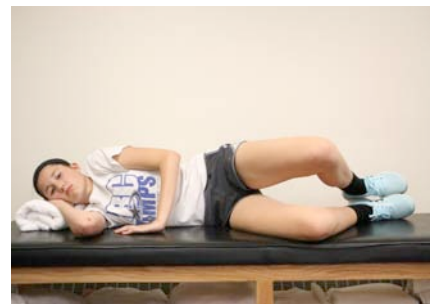
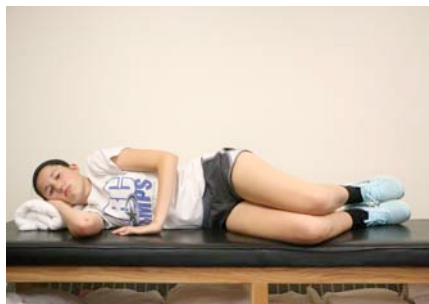
Forward Lunges



Hip Hiking



Side Stepping with Theraband



Clam Shells



Experience With Proven Results

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Unilateral Deadlift → → Progressed to Foam → → Progress to Combo of Y-Balance



Straight Leg Raise



Hip Abduction



Experience With Proven Results

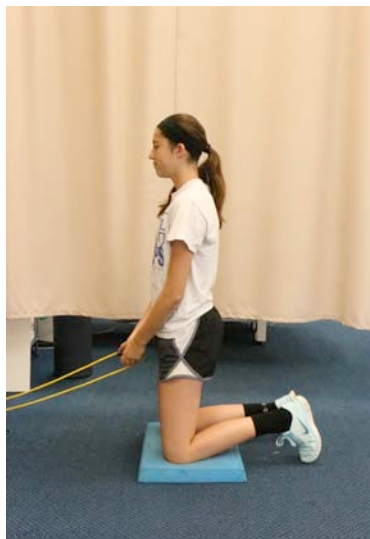
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Hip Adduction



Prone Hip Extension

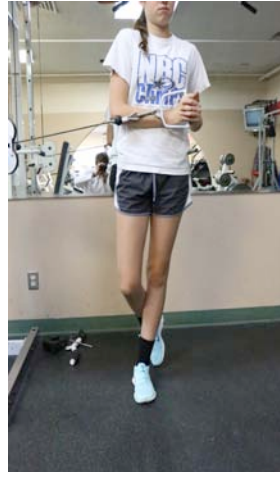


Cable Column Kneeling Overhead Flexion with Rotation

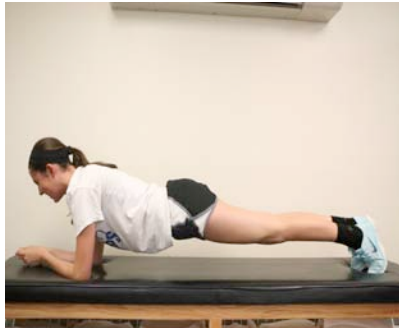


Experience With Proven Results

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Cable Column Bilateral Rotations → Progress to 1 leg



Front Planks



Side Planks



Abdominal Crunch



Bird Dog

Flexibility



Hip Flexor Stretch with Stool



Hip Adductor Stretch with Stool



Standing IT-Band Stretch



Piriformis Stretch



**Combo Hip Flexor
and IT-Band Stretch**