

Sports Therapy  
Manual Therapy  
Electrotherapy  
Manipulation  
Rehabilitation  
Pre-habilitation  
Clinical Pilates  
Pre-Season Screening  
Exercise Prescription  
Massage

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## HIP ARTHROSCOPE

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### SURGERY

After your surgery you will see only small puncture marks made by the surgical instruments, closed with ster-strips or a single stitch. Although this may seem minor, the surgery inside your joint is more traumatic and must be given full opportunity to recover. YOUR RECOVERY is greatly dependent on your post-operative routine. Many different procedures can be performed via arthroscopic surgery.

### CARE OF YOUR HIP AFTER SURGERY:

During the first few days after your operation, your hip and surrounding structures are recovering from the trauma of surgery and you need to take care not to “over-do it”. This means using your crutches to help support your leg, letting the hip settle down and not spending too much time on your feet.

**If you experience excessive pain, your hip is telling you to slow down a little.**

### ICE

Ice can be useful in the first few days following surgery to help minimise inflammation, pain and swelling. An ice pack can be wrapped in a damp cloth and applied to the front of your hip 3-4 times each day for 20minutes.

### USING CRUTCHES:

Crutches are used to take a bit of the pressure off your hip and prevent any excessive stress. Your surgeon has asked that you be

- Non weight-bearing
- Touch weight-bearing For..... weeks
- Partial weight-bearing .....%
- Full weight-bearing

If you are weight-bearing through your operated leg, try to walk in a normal pattern using the crutches, so that the muscles get used to working “normally” to support your hip. Once you are allowed to start fully weight bearing, you should use your crutches until you can walk comfortably without a limp.

UP STAIRS: Good leg, Operated leg, Crutches  
DOWN STAIRS: Crutches, Operated leg, Good leg

### PHYSIOTHERAPY

If you plan to return to high level activities, or you are concerned regarding your progress, it is wise to consult a physiotherapist for appropriate rehabilitation, after your surgeon has given you approval to start increasing your activity. Optimal strength, movement, control and stability around the hip and pelvis are crucial in ensuring full recovery from surgery, a safe return to activity, and in preventing long term issues.



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION

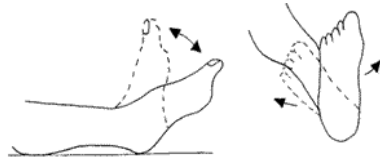
Member

## **EXERCISE PROGRAM:**

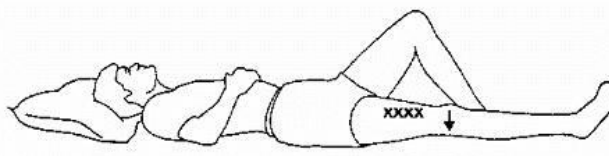
A physiotherapist will help you to commence these exercises whilst you are in hospital.

**These should be performed three times per day, without pushing through pain.**

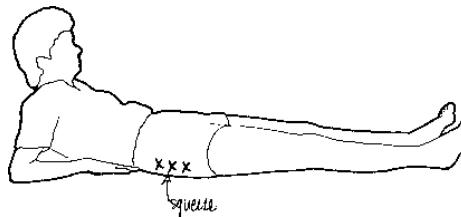
1. Move your feet and ankles up and down vigorously for 10 seconds to aid circulation.



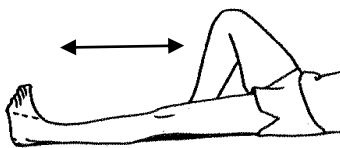
2. Tighten the muscles on the front of your thigh to lock your knee straight.  
Hold for 3 seconds. Repeat 10 times. Progress to 3 sets of 10 as comfortable.



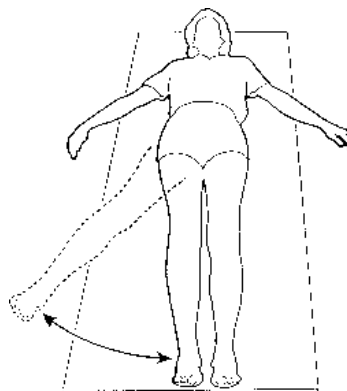
3. Squeeze your buttock muscles together. Hold for 3 seconds. Repeat 10 times.



4. Bend your knee by sliding your leg along the bed (not greater than 90°). Repeat 10 times.  
Progress to 3 sets of 10 as comfortable.

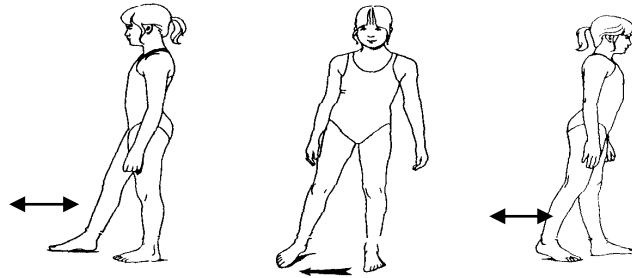


5. Slide the leg out to the side and back. Keep your knee and foot facing the ceiling. Repeat 10 times.  
Progress to 3 sets of 10 as comfortable

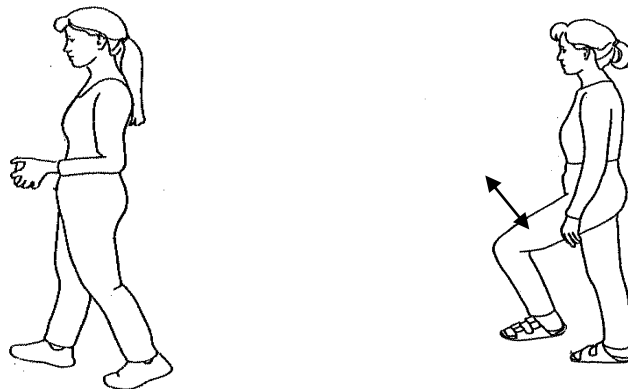


**(B) EXERCISES TO COMMENCE ONE WEEK AFTER YOUR HIP ARTHROSCOPE:**  
or whenever comfortable to do so

1. Using a firm support to hold onto, lock your knee and lift leg your operated leg straight forward, to the side, and backwards. Repeat each one 10 times. Progress each exercise to 3 sets of 10 as comfortable



2. Using a firm support to hold on to, start with your leg slightly back as the picture shows. Then bend and lift your knee. Repeat 10 times. Progress to 3 sets of 10 as comfortable



3. Using a firm support to hold on to, bend your knee behind you, moving your foot towards your bottom. Repeat 10 times. Progress to 3 sets of 10 as comfortable.

