

## Hip Post Op Maintenance Program 1 Year Plus

### 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**



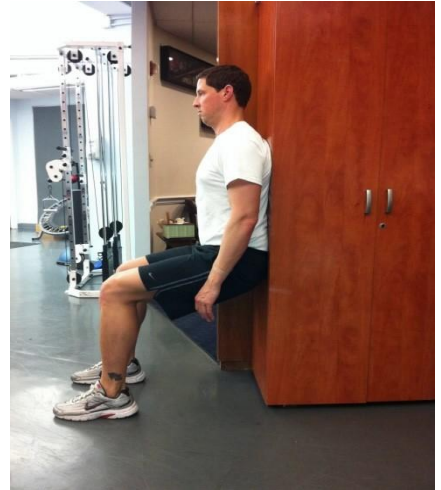
**Unilateral bridging**



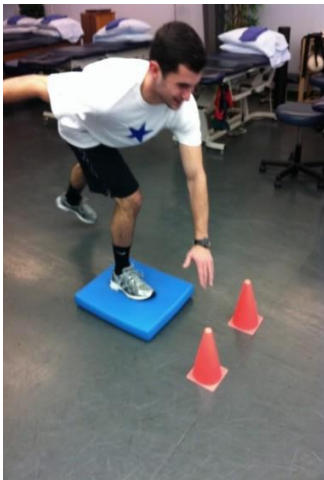
**Step downs on step or Bosu**



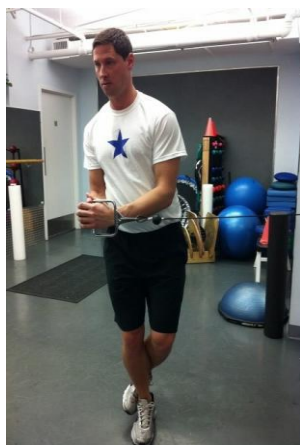
**Mini squats on balance board or Bosu**



**Wall Sits**



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



**Side Stepping with Theraband**



**Unilateral Cable Column Rotations**



**Front Planks**



**Side Planks**

**Flexibility**



**Hip Flexor Stretch with Stool**



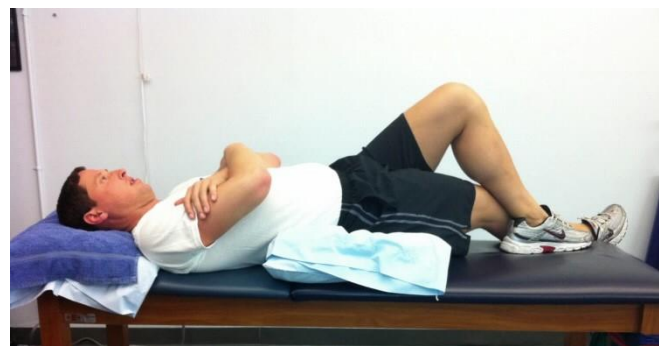
**Hip Adductor Stretch with Stool**



**Standing IT-Band Stretch**



**Piriformis Stretch**



**Combo Hip Flexor and It-band Stretch**

**Acknowledgement:** Dr. Bryan Kelly MD (Hospital for Special Surgery) for developing this plan.