

**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**



**Cable Column hip flexion**



**Hip Adduction**



**Hip Abduction**



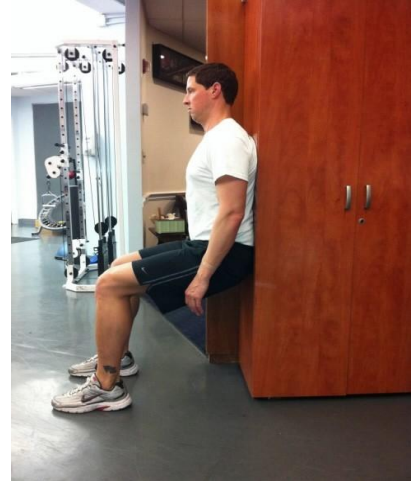
**Unilateral bridging**



**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**



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



**Straight leg raise**



**Hip abduction**



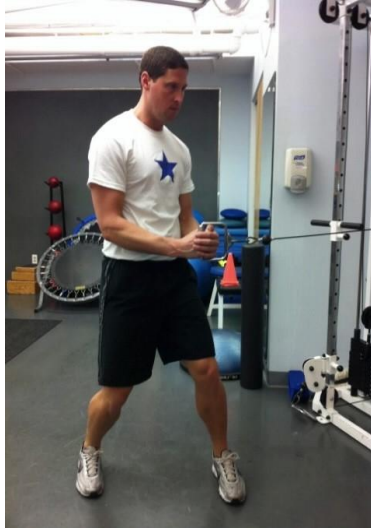
**Hip adduction**



**Prone hip extension**



**Cable Column Kneeling Overhead Flexion with Rotation**



**Cable Column Bilateral Rotations → Progress to 1 leg**



**Front Planks**



**Side Planks**



**Abdominal crunch**



**Bird dog**

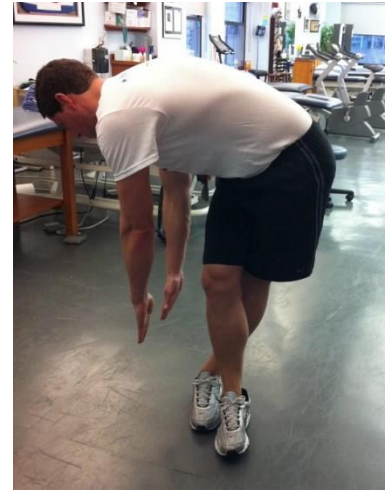
## Flexibility



**Hip Flexor Stretch with Stool**



**Hip Adductor Stretch with Stool**



**Standing IT-Band Stretch**



**Piriformis Stretch**



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

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