

Bryan T. Kelly, MD  
Center for Hip Pain and Preservation  
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541 East 71<sup>st</sup> Street  
New York, NY 10021

Tel: 212.606.1159 Fax: 646.797.8865

## Hip Post-operative Maintenance Program

### Strength Component



**Cable Column Hip extension**



**Hip Adduction**



**Hip Abduction**



**Cable Column hip flexion**



**Unilateral bridging**

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**Cable Column External Rotation**



**Cable Column Internal Rotation**



**Step downs on step or Bosu**



**Mini squats on balance board or Bosu**



**Wall sits**

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**Forward lunges**



**Hip hiking**



**Side stepping with Theraband**

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**Straight leg raise**



**Hip abduction**



**Hip adduction**



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**Prone hip extension**



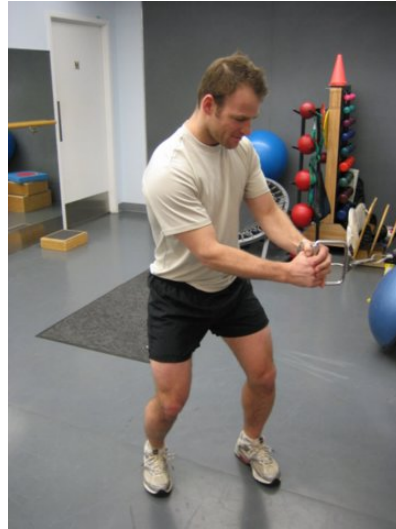
**Clam shells**



**Cable Column Kneeling Overhead Flexion with Rotation**

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



**Front planks**



**Side planks**

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**Abdominal crunch**



**Bird dog**

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## Flexibility



**Hip Flexor Stretch with Stool**



**Hip Adductor Stretch with Stool**



**Piriformis Stretch**



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