

Bryan T. Kelly, MD
Center for Hip Pain and Preservation
Hospital for Special Surgery

HIP POST OP MAINTENANCE PROGRAM

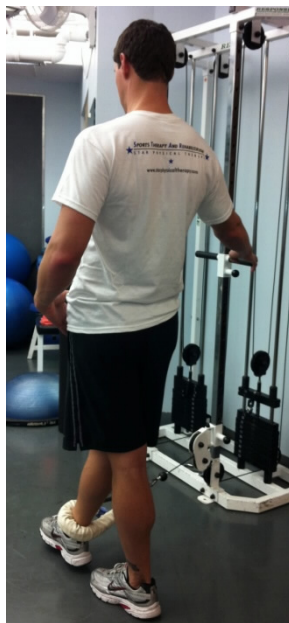
General Guidelines:

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

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Cable Column hip flexion



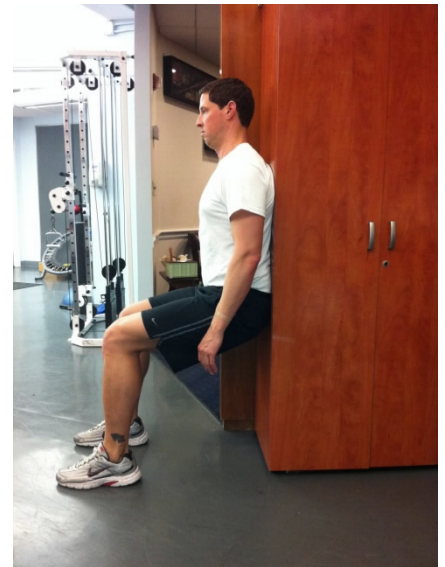
Unilateral bridging



Step downs on step or Bosu



Mini squats on balance board or Bosu



Wall sits

535 East 70th St
New York, NY 10021
Tel: 212.606.1159 Fax: 646.797.8865

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Forward lunges



Hip hiking

Side stepping with Theraband



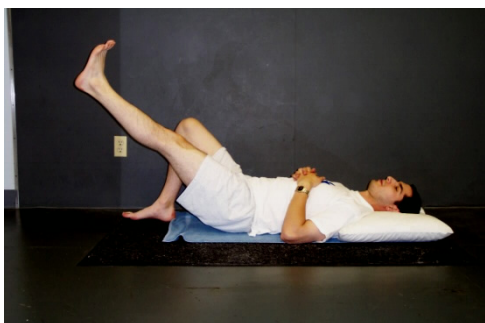
Clam shells

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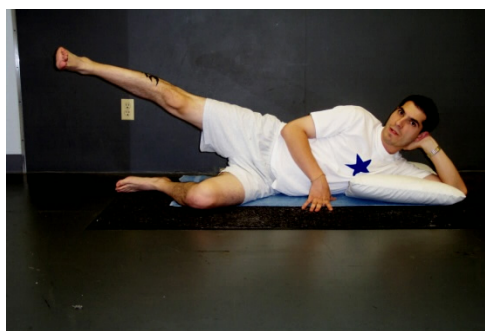
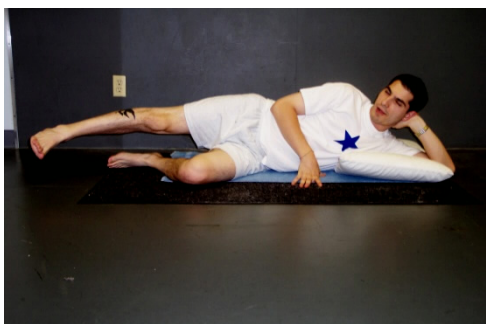


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Unilateral Deadlift → → Progressed to Foam → → Progressed to Combo of Y-Balance



Straight leg raise



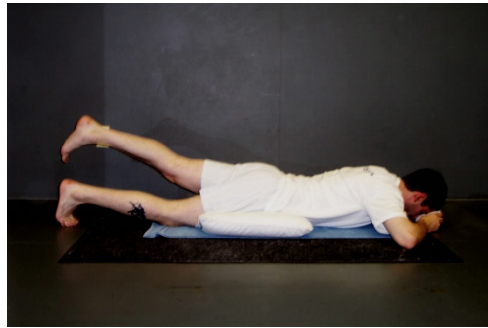
Hip abduction

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Hip adduction



Prone hip extension



Cable Column Kneeling Overhead Flexion with Rotation

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Cable Column Bilateral Rotations → Progress to 1 leg



Front Planks



Side Planks



Abdominal crunch



Bird dog

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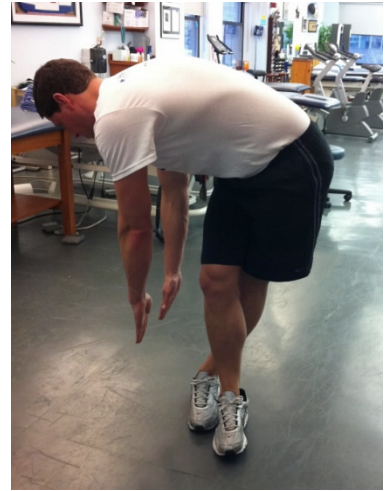
Flexibility



Hip Flexor Stretch with Stool



Hip Adductor Stretch with Stool



Standing IT-Band Stretch



Piriformis Stretch



Combo Hip Flexor and It-band Stretch