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Hip Arthroscopic Aquatic Protocol

Things to know:

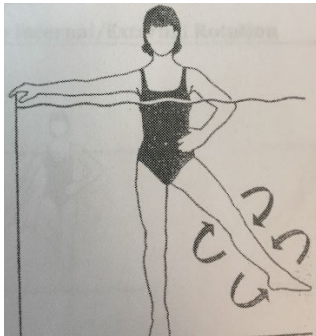
- This is meant to be a guideline, check in regularly with your therapist to progress appropriately through the protocol
- If anything hurts, DO NOT DO IT!
- Do not begin the protocol until post-op week 3 once the stitches have been removed
- If there is still an open incision, contact the physician prior to initiating aquatic exercises

Phase 1: Post op week 3-6

Goals:

- Avoid pain with all movements
- Perform in waist to chest height water
- 2-4 times per week
- Start with 20 minutes per pool session, gradually work up to longer

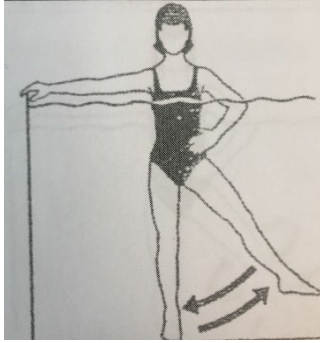
Hip Circumduction:



Slowly raise leg out to the side and make small circles with the leg.

Perform _____ circles and repeat going the other way

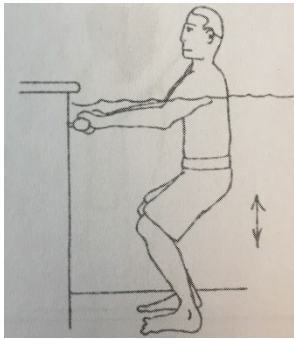
Hip Abduction:



Holding on to the pool wall, bring one leg out sideways and then back to starting position.

Repeat _____ times

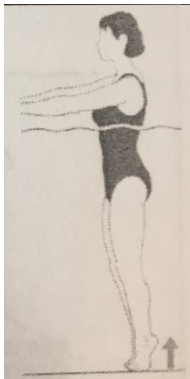
1/3 Mini Squats



Holding on to the pool wall with feet shoulder width apart, bend your knees and lower down until there is a slight bend in your knee. Stand back up slowly

Repeat _____ times

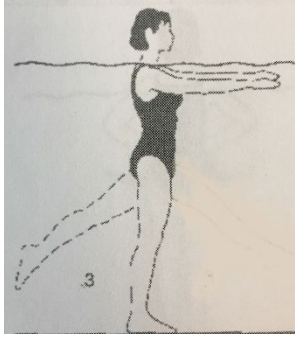
Heel raises



Holding on to the wall, go up and down on to your toes.

Repeat _____ times

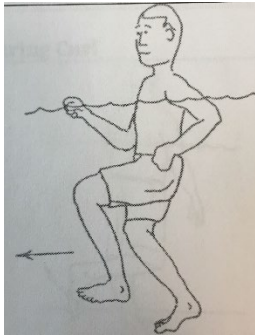
Hip Extension



Standing tall, raise one leg straight back behind you. Try to not let your back arch and make sure the movement is coming from the hip and not the knee

Repeat _____ times

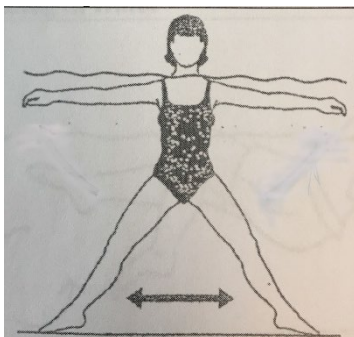
Forwards and backwards Walking



Walk in the pool forwards and backwards focusing on full hip extension and an upright trunk.

Repeat _____ laps

Sideways Walking



Walk sideways focusing on activating the side of your hip

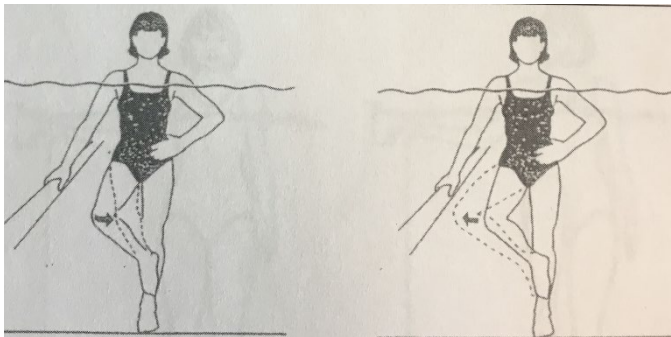
Repeat _____ laps

Phase 2: Post op week 6-12

Goals:

- Maintain a level pelvis
- Perform 3x/week
- Swimming with pull buoy (no kicking) at week 8
- Swimming with kicking at week 12 if no hip flexor pain

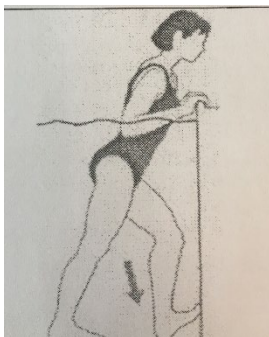
Hip Internal/External Stretch



Bend hip and knee to 90 degrees and place your foot on your opposite shin. Rotate your leg outwards and hold for ____ seconds and then rotate inwards and hold for ____ seconds.

Repeat ____ times

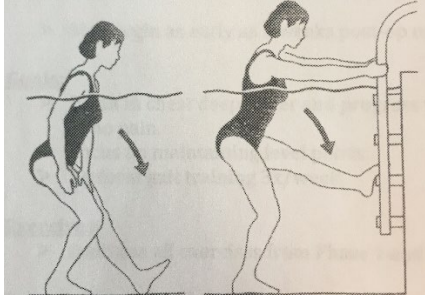
Calf Stretch



Place one foot with your toes on the wall and lean your hips towards the wall until you feel a stretch in the calf. Hold 30 seconds.

Repeat ____ times

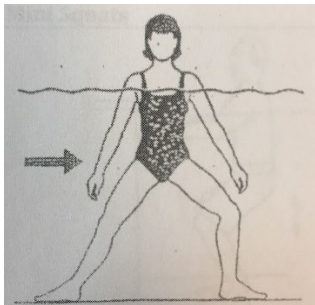
Hamstring Stretch



Place one foot on the bottom stair or ladder rung and keep your knee straight. Lean forward with a straight back until a stretch is felt in the back of your leg. Hold 30 seconds.

Repeat _____ times.

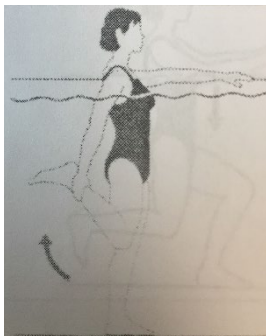
Groin Stretch



Spread legs wider than shoulder with. Lean away from the involved leg so the uninvolved leg has most of the weight. You should feel a stretch on the inside part of the involved leg. Hold 30 seconds.

Repeat _____ times.

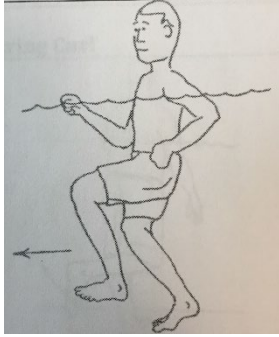
Quad Stretch



Grab a hold of your ankle and pull your heel towards your glutes until you feel a stretch in the front of the thigh. Hold 30 seconds.

Repeat _____ times.

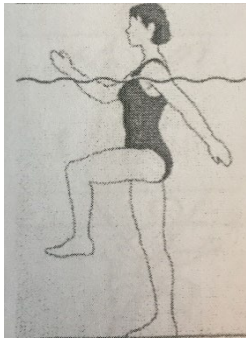
High knee forward walking



Walking forward, raise your knee as if you were marching.

Walk for ____ minutes/laps

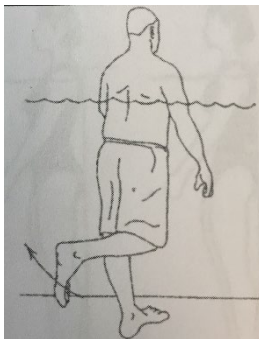
Marching



Standing in place, bring your knee up to hip height and repeat on the other leg.

Repeat ____ times

Hamstring Curl



Keeping your knees in line with each other, bring the heel of one foot towards your glutes.

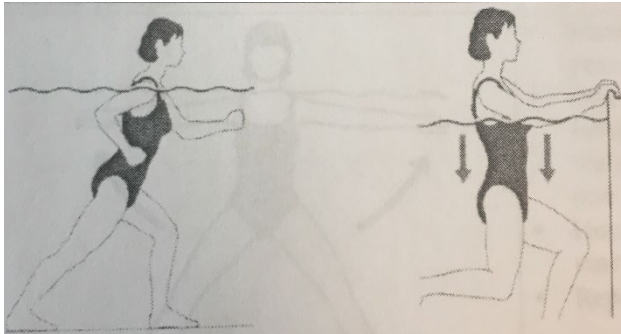
Repeat ____ times

Phase 3: Weeks 12+

Goals:

- Improving overall strength
- Return to regular swimming technique
- Able to now swim backstroke/freestyle
- Return to breaststroke and butterfly at 6 months

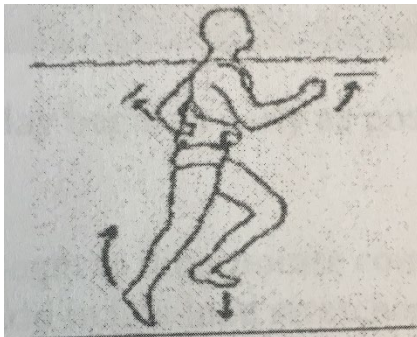
Lunges



Take a large step forward with one foot. Knee down as if you were to drop your back knee towards the bottom of the pool. Return to starting position.

Repeat ____ times

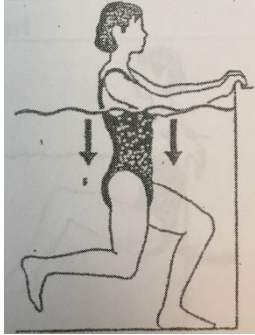
Bike pedaling in deep water



Use a float belt and go into the deep end. Keep your trunk upright perform a running motion and propel yourself forward. Start very slowly and increasing the speed as you increase in strength.

Perform for ____ minutes

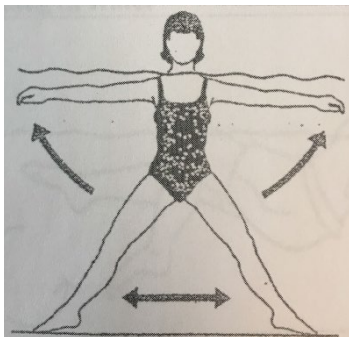
Single leg mini squat



Bend knee of the uninvolved leg so you are balancing on the involved leg. Slowly bend your knee so you are performing a small squat, keeping the knee behind your toes.

Repeat ____ times

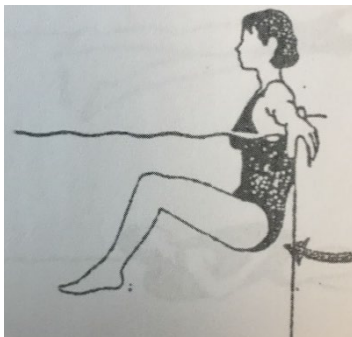
Stride Jumps



Stand with your hands at your sides and feet together. Perform a jumping jack movement as you quickly raise your arms and separate your feet. Bring your hands and feet back together quickly as well.

Repeat ____ times.

Pelvic curl

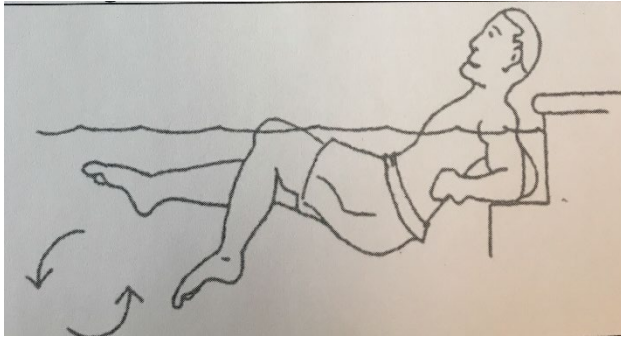


Place your back on the pool wall and hold on to the edge. Slowly bring your knees up towards your chest until they are at a 90 degree bend. Using your abdominal muscles, lift

your hips off the wall to bring your knees closer to your chest. Slowly bring yourself back to the starting position.

Repeat ____ times

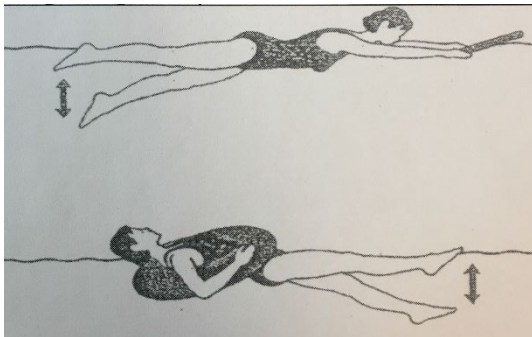
Pedaling in water



Support yourself on a step or the wall. Legs straight out in front of you make a circle/cycling movement with the legs underwater.

Perform ____ minutes in each direction

Straight leg kicks



Holding on to a kickboard or tube, kick your legs up and down underwater. You can do this on your back or front and with or without fins.