

## EXERCISE INSTRUCTIONS – POST OPERATIVE HIP ARTHROSCOPY

### Phase III and IV

#### **Phase III: Advanced Exercises “multi-directional & plyometric”**

##### **A. Plyometrics – water to dry land progressions**

*10 sets, 1-2 minutes, 3-5 times / week*

Begin with water: In chest deep water, perform forward bounding. Focus on absorption when landing. Progress to dry land plyometrics.

##### **B. Forward/Backward running with cord**

*3 sets, 1-2 minute intervals, 1 time / day*

Jog/ run in place, absorbing your weight as you land on each leg. Repeat for one minute. Turn for backwards running.

##### **C. Initial agility drills – Straight Plane Agility**

**Chop-Downs/ Back Pedaling** – Jog forward, stutter step to a stop, absorb and push off smoothly in a back pedal.

**Side Shuffles** – Start with feet shoulder width apart, maintain an athletic stance and shuffle to the right, then back to the left.

##### **D. Side to side lateral agility with cord**

*3 sets, 50 reps, 3 times / week*

Maintain an athletic stance while stepping/ jumping laterally. As you return to the starting position, absorb onto the involved leg. Progress to lateral jumping.

##### **E. Running/ Skating/ Golf progression**

**RUNNING:** Start each phase with 10 minutes total of walking/ running.

If running on ground, alternate run – walk as below.

If running on treadmill, gradually increase speed and duration.

Progress to the next phase after completing 20 minutes without pain.

Phase	Walk Run Ratio	Total Time	Frequency	Duration
1	4 minutes/ 1 minute	10-20 minutes	3-4 times/ week	1 week
2	3 minutes/ 2 minutes	10-20 minutes	3-4 times/ week	1 week
3	2 minutes/ 3 minutes	10-20 minutes	3-4 times/ week	2 weeks
4	1 minute/ 4 minutes	10-20 minutes	3-4 times/ week	2 weeks

**SKATING:** Start each phase with 10 minute rink skating warm up. Progress to the next phase after completing 20 minutes without pain. \*\*Goalie – hold back pads an extra week

Phase			
1	Skate: No pads forward and back with crossover	10-20 minutes	3-4 times/ week
2	Skate: Use of Pads with change of direction, stop/ start	10-20 minutes	3-4 times/ week
3	Sport Specific Drills		2-4 times/ week
4	Sports Test		Week 8+

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5	Full Contact – Practice with Team		After Passing Test
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### BALLET/ DANCE:

Phase	
1	Bar Work: stabilization on surgical leg
2	Multi plane muscle stretching
3	Multi plane muscle single leg activities/ moves
4	Sport Test
5	Jumps

GOLF: Begin after 3 wks of walking. Don't carry bag. Do not pull cart.

Phase			
1	Putt, Chip, ½ swing only	1 bucket	1-2 weeks
2	8-9 Irons, ¾ swing only	1 bucket	2 weeks
3	All Irons, Use cart, full swing	9 holes	2 weeks
4	Full play, walking 18 holes	18 holes	

### Phase IV: High Level Activities –

#### A. Multi-Plane Agility

##### 1. Z Cuts

##### 2. W Cuts

##### 3. Cariocas

##### 4. Ghiardelli's

Start by crossing the right leg over the left, then swing the left leg out from behind the right absorbing and touching the ground with your left hand in one fluid motion. Repeat to the right side.

#### B. Sport Specific Training