

Department of Physiotherapy

Hip Arthroscopy – Pre & Post Surgical Care

Things to take note post-surgery

Do not put weight of more than 20lbs/9kg with your foot on the ground at all times unless otherwise advised by your doctor/physiotherapist.

- Do not put more weight than advised on your operated limb until your doctor has allowed you to do so
- Keep foot in neutral position by using a pillow
- Avoid activities that cause more pain or discomfort.
- Appropriate resting helps to protect injured tissue from further injury and healing.



Purpose of exercises

1. Maintain range and strength of your lower limbs.
2. Optimise blood circulation, facilitating wound and bone healing.
3. Facilitate walking with or without gait aid.

Outpatient Physiotherapy will be arranged when the patient is ready to start rehabilitation to regain hip movement and strength.

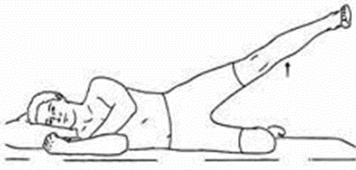
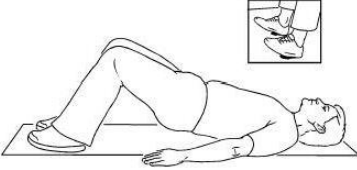
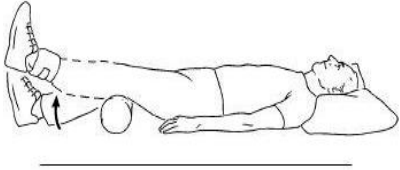

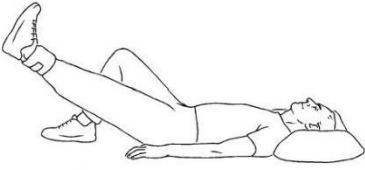
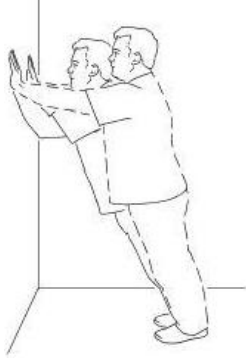
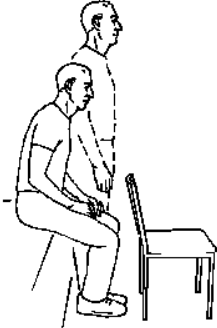

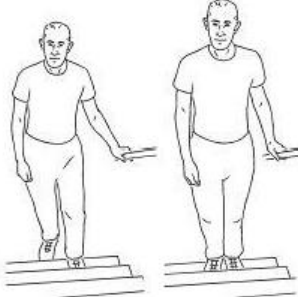
You may be advised to do some of the following exercises by your therapist. Please check with your therapist if you are unsure of how to carry them out. All exercises should not result in more pain. If so, stop the exercises, and inform your therapist.

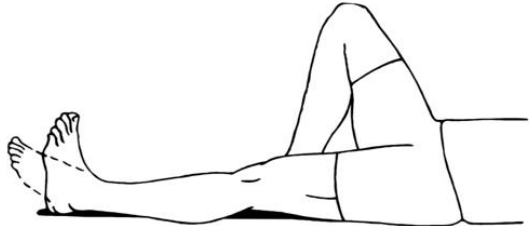
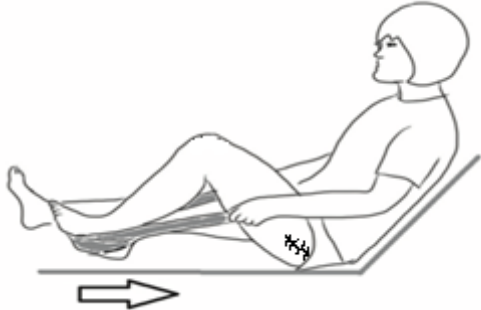
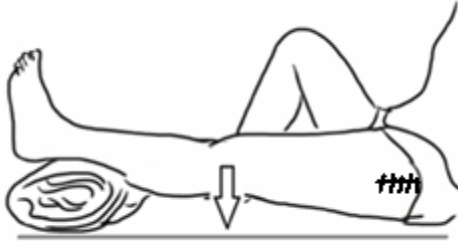
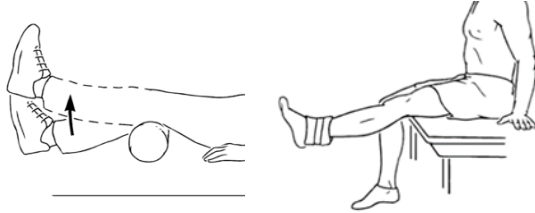
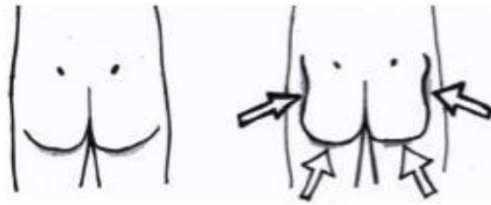
Before the Surgery

Your doctors may refer you for physiotherapy services to better prepare your mind and body for the procedure.

Below are some exercises that you can do before the procedure to maintain and improve your current condition.

Exercises	Duration & Dosage																						
<p>Walking</p> <ol style="list-style-type: none"> 1. Walk to an intensity of 3-4 on the BORG RPE scale 2. Stop walking completely, rest, when pain is 3–4 on the numeric pain scale 3. When the pain/ discomfort is gone, resume walking at the same or lesser intensity 4. Repeat walk/rest cycles 5. Discontinue exercise if pain does not go away, even after long periods of rest <table border="1" data-bbox="277 1052 649 1528"> <thead> <tr> <th colspan="2">BORG RPE Scale</th> </tr> </thead> <tbody> <tr><td>1</td><td></td></tr> <tr><td>2</td><td>Easy</td></tr> <tr><td>3</td><td></td></tr> <tr><td>4</td><td>Somewhat easy</td></tr> <tr><td>5</td><td></td></tr> <tr><td>6</td><td>Somewhat hard</td></tr> <tr><td>7</td><td></td></tr> <tr><td>8</td><td>Hard</td></tr> <tr><td>9</td><td></td></tr> <tr><td>10</td><td>Extremely hard</td></tr> </tbody> </table>	BORG RPE Scale		1		2	Easy	3		4	Somewhat easy	5		6	Somewhat hard	7		8	Hard	9		10	Extremely hard	<div data-bbox="1013 590 1175 898" data-label="Image"> </div> <p>You should walk daily and aim to achieve a total duration of 30 minutes each time.</p> <p><u>Tips for success</u></p> <ol style="list-style-type: none"> 1. Walk on familiar surfaces that is flat / even 2. Walk in places with rest areas for you to rest when pain sets in 3. Do not continue walking past 3–4 on the pain scale. Continue if pain/discomfort felt goes away in about 5-10 minutes. 4. Walking to an intensity of severe pain may predispose you to a fall.
BORG RPE Scale																							
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<p style="text-align: center;">Numeric Rating Scale</p>																							

Pre-Operative Exercises		
<p>Hip Abduction in Lying</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p>Bridging</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p>Inner Range Quads</p>  <p style="text-align: right;"><input type="checkbox"/></p>
10-15 times, 2-3 sets	10-15 times, 2-3 sets	10-15 times, 2-3 sets
<p>Knee Extension</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p>Straight Leg Raises</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p>Wall Push Up</p>  <p style="text-align: right;"><input type="checkbox"/></p>
10-15 times, 2-3 sets	10-15 times, 2-3 sets	10-15 times, 2-3 sets
<p>Sit to Stand</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p>Hip Abduction in Standing</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p>Stairs Climbing</p>  <p style="text-align: right;"><input type="checkbox"/></p>
10-15 times, 2-3 sets	10-15 times, 2-3 sets	At least 2 flights, BORG 3-5/10

Post-Operative Exercises (Lower limb)	
<p>1. Ankle pumps Bend both your feet up and down at your ankle. Repeat 10 times hourly when awake.</p>	
<p>2. Hip flexion [0-90 degrees] Loop a towel under your foot. Using the towel for assistance, bend your knee by sliding your heel towards your buttock as much as you can Repeat 10 times, hold 10 seconds.</p>	
<p>3. Static quads Roll a towel underneath your ankle Straighten your knee by tightening your thigh muscles as much as possible Repeat 10 times, hold 10 seconds.</p>	
<p>4. Inner range quads With a rolled towel under the knee or from a seated position, slowly lift your leg into full extension. Repeat 10 times, hold 10 seconds.</p>	
<p>5. Static Gluts In lying, tighten buttock muscles – simulate lifting your hip up a little Repeat 10 times, hold 10 seconds</p>	

Above exercises are for affected leg only, unless otherwise stated.