



HIP ARTHROSCOPY WITH CHONDROPLASTY POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

You are recovering from arthroscopic hip surgery.

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your leg elevated as much as possible for the next few days.
2. Keep your dressing on for three days. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. After three days, the bandages may be removed and the wounds covered with clean dressings. Keep the wounds dry until your first visit after surgery.
3. Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call.
4. An ice bag on your anterior hip may reduce your overall discomfort.
5. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe. You may rest your foot on the ground while using crutches.
6. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen in the office within a week for follow-up. Please call our office if you have any questions or concerns.



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Heel-Leg Prop

Elevate your leg by placing a cushion underneath your lower leg or heel as shown. While the leg is elevated, you may also bend your ankle so your foot moves up and down or in circles. Do this 4-8 times per day for 15-20 minutes. You may also sleep with your leg elevated.



Quad Set

Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.



Trunk Rotation Stretch

Lying on your back with your knees bent, gently roll your hips and knees to one side. Pause for 20-30 seconds then gently roll to the other side and pause for 20-30 seconds. Do this 4-6 times per day.



Calf Stretch

Using a towel or a belt, gently stretch your calf muscles as pictured. Keep your knee straight. Hold the stretch for 20-30 seconds. Do this 4-6 times per day.



Hamstring and Lower Leg Stretch

Lying on your back with your knees bent, grasp one leg behind your knee and gently bring it toward your chest, then gently straighten your leg until you feel tension in the muscles. Pause for 20-30 seconds. Lower your leg and repeat with the other leg. Do this 4-6 times per day.