

Physiotherapy after hip arthroscopy

Information for patients

This leaflet gives you advice and general information to help you get the best possible results from your operation. It is a guide only and the physiotherapy you need may vary depending on your circumstances.

Physiotherapy is mostly exercises and advice that you follow every day at home. The exercises we ask you to do aim to help you improve and maintain the movement, strength and function of your hip joint. The advice we give you will include things to look out for and general advice on activities, such as driving and sports, and when to return to them.

You have a very important part to play in your own recovery, so it is very important you follow the advice we give you.

If at any time during your rehabilitation you have difficulty following our advice or exercises, or you have any further questions, please phone the Orthopaedic Physiotherapy Team at Orpington on 01689 866255 or King's College Hospital on 020 3299 2368 and ask to speak to one of the physiotherapists.

What is the procedure?

A hip arthroscopy involves inserting a camera through small cuts in the skin. This allows your surgeon to see inside your hip to perform surgical procedures. Hip arthroscopy is used regularly to repair torn cartilage (labral tears), remove loose bodies and impingement (where there is too much friction in the hip joint).

Pain control

You should expect a moderate amount of pain after surgery. Make sure you continue to take your painkilling medication as prescribed by your ward doctor when you are discharged home. It is important to keep your pain well controlled to complete your exercises and be able to walk regularly throughout the day.

Exercises after your operation

Physiotherapy plays an important part in your rehabilitation. It is important you perform these exercises to stop your hip from becoming stiff. Complete ten repetitions of each exercise at least three to four times a day for the first two weeks after your operation. Begin these exercises the evening of your operation.

1) Static glutes



Lying on your back, squeeze your buttocks firmly together.

Hold this position for 10 second, then relax.

Repeat 10 times.

2) Static quads



Lying on your back with your legs straight, pull your toes towards you, tighten your thigh muscle (quads) and push your knees firmly down against the bed.

Hold this position for 10 seconds, then relax.

Repeat 10 times.

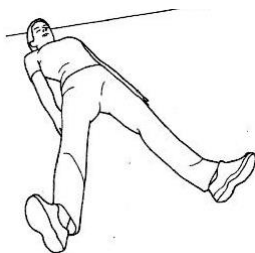
3) Hip flexion



Lying on your back with your legs straight, slowly slide your operated leg towards you to bend your hip.

Repeat 10 times.

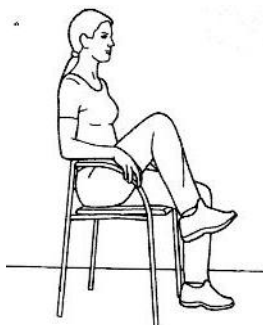
4) Hip abduction



Lying on your back, bring your operated leg out to the side, return to the start position.

Repeat 10 times.

5) Hip flexion



Sitting on a chair, lift your operated leg up off the seat keeping the knee bent. Return to starting position.

Repeat 10 times.

Complete the following exercises one week after your operation

6) Hip flexion



Stand straight, lift your operated leg bending the hip. Hold on to support if needed.

Repeat 10 times

7) Hip extension



Stand, holding on to a support.

Bring your operated leg backwards keeping your knee straight, do not lean forwards.

Repeat 10 times.

8) Hip abduction



Stand, holding on to a support.

Lift your operated leg out to the side, keeping your trunk straight. Return to the start position.

Repeat 10 times.

9) Hip proprioception



Stand straight. Hold on to a support if needed.

Lift your operated leg forwards and then out to the side. Return to start position. Do not let your pelvis tilt.

Repeat 10 times.

10) Sit to stand



Sit with your hands on your shoulders.

Stand up and then slowly sit down in the chair. The exercise can be made easier or more difficult by changing the height of the chair.

Repeat 10 times.

If you cannot do this, use one or both hands to push up.

Walking after your surgery

Your physiotherapist will provide you with crutches for after your surgery and teach you how to walk safely with them. Some people can fully weight bear straight away. This means you can put all your weight through your operated leg. Other people may be instructed to partial weight bear. This means walking with only 50% of your weight on your operated leg. If you are told to partial weight bear, you must always walk with your crutches. Your consultant will decide this and you will be guided by your physiotherapist.

Fully weight bearing

Partial weight bearing

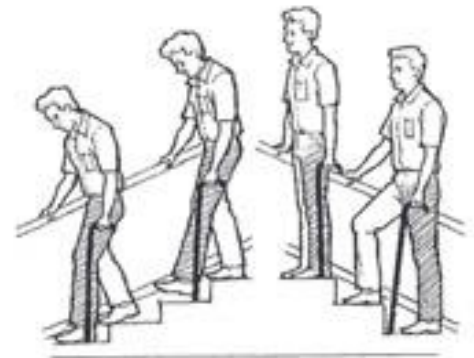
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Stairs

Always use the banister where possible.

Going up

As you go upstairs, hold the banister in one hand and your crutch in the other. Put your non-operated leg up first, then the operated leg onto the same step.



Going down

As you go downstairs, put your crutch on the next step first, followed by your operated leg, and lastly your non-operated leg.

Driving

Driving is at the discretion of your consultant. You can usually drive one to two weeks after your surgery, if this does not cause any pain or discomfort and you are not taking strong medication. Before driving, check your insurance policy to make sure you are covered following your surgery.

Ongoing physiotherapy

You will be referred for ongoing physiotherapy at your local hospital. Your physiotherapist will advise you about this before you go home and provide you with all the necessary contact details. This should begin around 2 weeks after your discharge from hospital following your home exercise programme. This is important so you can progress further with your rehabilitation programme.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: kch-tr.palsdh@nhs.net

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: kch-tr.palspruh@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net