

Hip Post Op Maintenance Program

Strength Component



Cable Column Hip extension



Hip Adduction



Hip Abduction



Cable Column hip flexion



Unilateral bridging



Cable Column External Rotation



Cable Column Internal Rotation



Step downs on step or Bosu

Mini squats on balance board or Bosu

Wall sits

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Forward lunges



Hip hiking



Side stepping with Theraband

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Straight leg raise



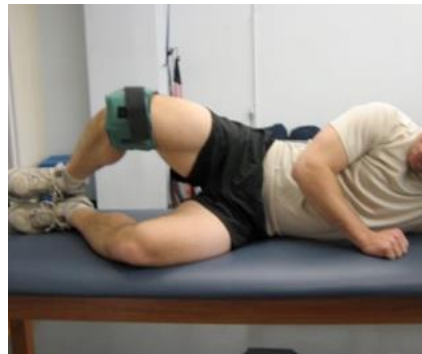
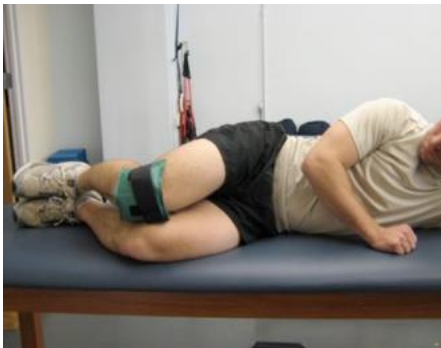
Hip abduction



Hip adduction



Prone hip extension



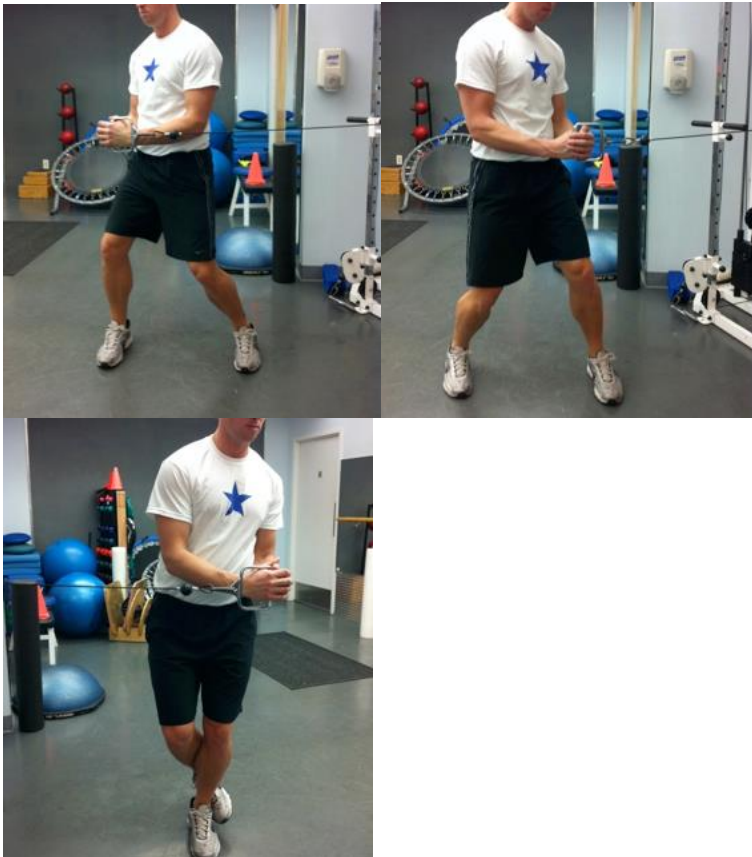
Clam shells



Cable Column Kneeling Overhead Flexion with Rotation

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Cable Column Bilateral Rotations → Progress to 1 leg

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Front planks



Side planks



Abdominal crunch



Bird dog

Flexibility



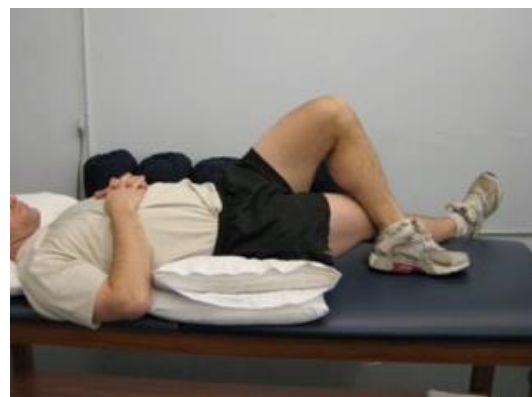
Hip Flexor Stretch with Stool



Hip Adductor Stretch with Stool



Piriformis Stretch



Combo Hip Flexor and IT-band Stretch