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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHOD.COM

After Hip Arthroscopy: First Two Weeks

PRECAUTIONS — READ FIRST

Touch-down weight bearing only: the foot of the surgical leg may rest on the floor for balance, but keep your weight on the crutches (Dr. Kelly will tell you how long — typically 4 weeks, 6 with microfracture). Do NOT actively lift the surgical leg on its own for about 4 weeks — use your hands, your other leg, or a helper to move it. Do not sit longer than 30 minutes at a time for the first 3 weeks. Use your brace exactly as instructed. Do not push through pain.



Stationary Bike — No Resistance 20 minutes, daily

Upright stationary bike with zero resistance, seat high, gentle easy pedaling.



Quad Sets 20 times, 2 times a day

With the leg straight, tighten the muscles on the front of your thigh. Hold 5 seconds. Relax.



Gluteal Sets 20 times, 2 times a day

Lying flat, squeeze your buttocks together. Hold 5 seconds. Relax.



Abdominal Bracing 20 times, 2 times a day

Lying with knees bent, gently draw in and tighten your lower abdomen without holding your breath. Hold 5 seconds. Relax.





Caregiver-Assisted Leg Circles (PT will teach) 20 minutes, 2 times a day

A family member or caregiver gently moves the relaxed leg in small circles and rolls it side to side, exactly as your physical therapist demonstrates. Your leg stays completely relaxed.



Prone Lying 2-3 hours total per day, broken into comfortable stretches

Lie flat on your stomach to let the front of the hip rest in a straight position.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.