

Admissions: Hip Arthroscopy

Hi I am one of the physiotherapists. You will be seen by a member of the physiotherapy team on a number of occasions during your stay for your hip arthroscopy. On the first occasion we will see you to measure you up for some elbow crutches, to discuss some ice and elevation for after the operation and teach you some basic circulatory exercises.

The following morning after your procedure you will be seen by us again where we will mobilise you up the corridor and make sure you are safe up and down a set of stairs. During this we will explain to you how much weight you are allowed to put through your operated leg to ensue that you do not do any damage. We will also arrange an outpatient appointment for you around one week after your procedure so you can be seen by a member of the outpatient physiotherapy team.