

## **Home Exercise Program for Femoroacetabular Impingement (FAI)**

### Goals of the Exercise Program:

- Alleviate pain and inflammation.
- Improve hip flexibility and mobility.
- Strengthen the hip and core muscles to stabilize the joint.
- Prevent progression of symptoms.

### Warm-Up (5-10 minutes):

- Stationary Cycling
  - Use low resistance to increase blood flow without aggravating symptoms.
- Dynamic Hip Swings
  - Hold onto a sturdy surface and gently swing one leg forward and backward for 10-15 repetitions.

### Stretching Exercises:

- Hold each stretch for 20-30 seconds and repeat 2-3 times per side.



#### Hip Flexor Stretch

- Start in a lunge position.
- Gently press your hips forward while keeping your back straight.
- Feel the stretch in the front of the hip on the trailing leg.



#### Piriformis Stretch

- Sit on the floor with both legs extended.
- Cross one ankle over the opposite knee.
- Pull the knee toward your chest to stretch the gluteal and piriformis muscle.



#### Seated Hamstring Stretch

- Sit on the floor with one leg extended and the other bent.
- Reach toward the toes of the extended leg while keeping your back straight.

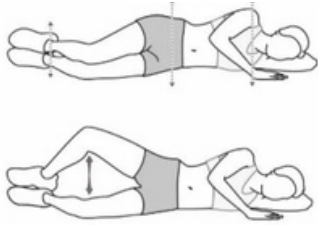


#### Butterfly Stretch

- Sit with the soles of your feet together and knees bent outward.
- Gently press your knees toward the floor while leaning slightly forward.

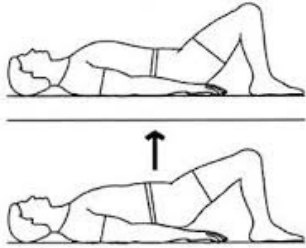
## Strengthening Exercises:

- Perform 2-3 sets of 10-15 repetitions



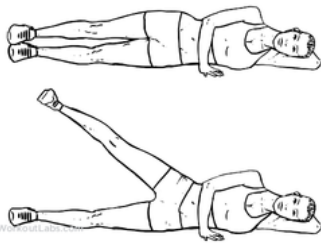
### Clamshells

- Lie on your side with your hips and knees bent.
- Keep your feet together and lift your top knee without rotating your pelvis.



### Bridge Exercise

- Lie on your back with your knees bent and feet flat on the floor.
- Lift your hips until your body forms a straight line from shoulders to knees.
- Lower slowly back to the starting position.



### Side-Lying Hip Abduction

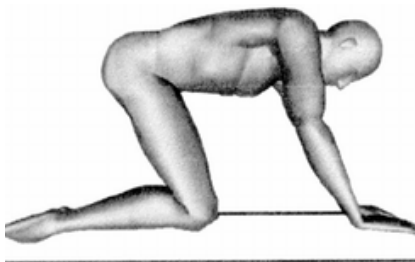
- Lie on your side with your bottom leg bent and top leg straight.
- Lift the top leg upward, keeping it straight and avoiding hip rotation.



### Plank with Hip Flexion

- Begin in a forearm plank position.
- Slowly lift one knee toward your chest without dropping your hips.
- Alternate legs.

## Mobility and Core Stability Exercises:



### Quadruped Back Rock

- Begin on hands and knees.
- Rock your hips back toward your heels while keeping your back straight.
- Return to the starting position.



### Bird Dog

- From a hands-and-knees position, extend one arm and the opposite leg.
- Hold briefly, then return to the starting position.
- Repeat on the other side.



### 90/90 Hip Stretch

- Sit on the floor with one leg in front of you at 90 degrees and the other leg behind you at 90 degrees.
- Lean forward gently over the front leg to stretch the hip.

### Cool Down (5 minutes):

- Gentle walking or deep breathing exercises to relax muscles

### Additional Tips:

- Avoid movements that cause sharp pain or excessive hip joint compression.
- Incorporate these exercises 3-4 times per week, gradually increasing intensity as tolerated.
- Monitor symptoms, and if pain worsens, stop the exercises and consult a professional.