

Everyday Life After Hip Arthroscopy

Practical Tips for Driving, Stairs, Sitting & Sleeping





Read This First

- Hip arthroscopy recovery isn't only about PT — daily movements play a big role.
- Safe strategies for driving, stairs, sitting, and sleeping = smoother recovery & fewer setbacks.
- Always follow your surgeon's protocols first.

Pain greater than 2/10 or pinching = pause and adjust

Driving After Hip Arthroscopy

When can I drive again?

Usually **2-6 weeks**, but only when:

- Off narcotic pain meds
- Can move leg quickly between pedals
- Surgeon has cleared you

Getting Back Behind the Wheel

- Start with short, familiar trips
- Test comfort in the driveway first
- Right hip = longer wait than left hip

Comfort & Ergonomics

- **Seat setup:**
 - Slide seat back slightly and recline 10–15° to open hip angle.
 - Use a **thin cushion or wedge** if seat is too low.
- **Breaks:** On long trips, stop every 30–45 min to stretch.
- **Entry/Exit tips:**
 - Back into the seat first, then swing legs in together.
 - Use hands for support, don't twist through hip.



Absolute requirements:

- *Off narcotic medications.*
- *Able to sit comfortably without pinch or pain.*
- *Can move leg quickly between pedals (reaction time test).*

Don't drive if...

- ✗ **Pain pressing pedals**
- ✗ **Can't move leg quickly**
- ✗ **Still on meds / drowsy**

Stairs After Hip Arthroscopy

Early Rule – “Up with the good, down with the bad.”

- Going up: lead with your non-surgical leg.
- Going down: lead with your surgical leg + crutches until cleared.
- Always hold the railing if available.



Step-by-Step Technique With crutches (early weeks):

1. Hold railing firmly, crutches on opposite side.
2. **Up:** non-surgical leg → surgical leg → crutches.
3. **Down:** crutches → surgical leg → non-surgical leg.

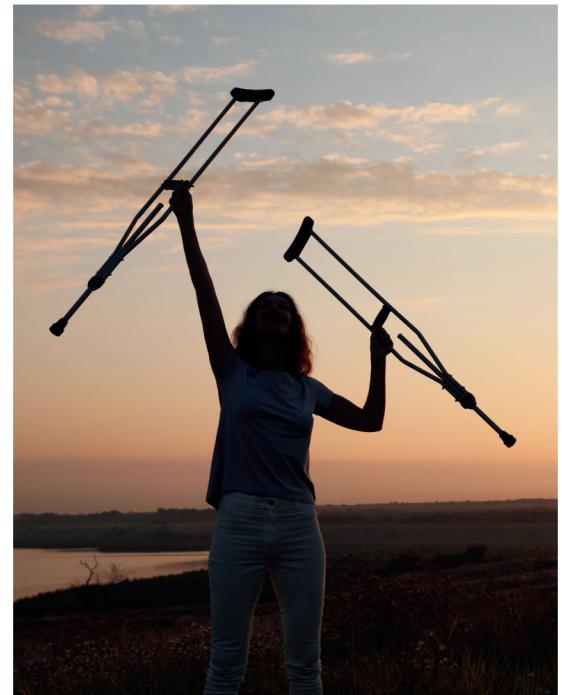
Without crutches (later, when cleared):

- Progress slowly to a **normal step-over-step pattern** once strength and balance return.



Safety Tips

- One step at a time until cleared for reciprocal pattern.
- Avoid carrying heavy items — use backpack or sling bag.
- Good shoes with grip are essential (no socks only).





Sitting & Sleeping

After

Hip Arthroscopy

Sitting Safely

- Avoid deep, low, or soft chairs in first 6 weeks.
- Choose firm, upright chairs with hips slightly higher than knees.
- Sit with knees slightly apart to reduce hip pinch.
- Limit sitting >30-40 minutes at a time early on – stand up and move around.

Sleep Positions

Back Sleeping (best early on):

- Pillow under knees for comfort.

Side Sleeping:

- Pillow between legs to support alignment.
- Surgical side usually up.

Avoid:

- Stomach sleeping (too much hip rotation) until cleared.

PRO TIPS

- 💡 A body pillow helps maintain hip position.
- 💡 Elevate slightly with extra pillows if lying flat causes stiffness.
- 💡 Use a recliner chair for short naps if lying down is uncomfortable.

Everyday Life Quick Reference

Do's & Don'ts After Hip Arthroscopy

✓ DO:

- Use railing & crutches on stairs until cleared
- Sit in firm, upright chairs with hips above knees
- Sleep on your back or side with pillow support
- Take frequent breaks from sitting & car rides
- Start driving only after surgeon clearance, off meds

✗ DON'T:

- Sit in deep couches or low chairs early on
- Sleep on your stomach too soon
- Drive if you feel pain pressing pedals
- Rush stairs without railing or support
- Push through hip pinching pain

Quick Comfort Hacks

- Small wedge cushion in car → reduces hip pinch
- Body pillow → better side sleeping
- Backpack → carry items upstairs safely
- Recliner chair → short naps, not all-night sleep

When to Call Your Care Team

- Persistent hip pinch or catching
- Pain/swelling that increases after activity
- New difficulty with stairs or walking
- Sleep pain that does not improve with adjustments



Everyday Life Support & Resources

Your Recovery at a Glance

- Everyday movements — driving, stairs, sitting, sleeping — improve gradually.
- Expect progress in **weeks, not days**.
- Each milestone is a step toward returning to your normal routines.

Build Your Daily Routine

- **Morning:** gentle stretches + firm chair for meals.
- **Daytime:** break up sitting with short walks.
- **Evening:** prep bed with pillows for support.
- **Weekly:** track comfort in car, on stairs, and with sleep quality.

Helpful Extras

- Apps: Pain/medication trackers (e.g., Manage My Pain, Symple)
- Tools: Grabber/reacher, seat cushion, body pillow
- PT Tip: Write down your questions as they come up — bring them to visits.



Need Extra Help?

💡 Our team specializes in **hip preservation care** — from surgery to the small details of recovery.

- **Schedule a follow-up visit**
- **Ask about physical therapy partners**
- **Explore more resources at HipPreservation.org**

LEARN MORE



HIPPRESERVATION.ORG

“Small adjustments in daily life
lead to big wins in recovery.”



concierge@hippreservation.org
www.hippreservation.org

