

Exercises for Osteoarthritis of the Hip

Your Rehabilitation Programme

This exercise leaflet has specific exercises to help maintain your joint range of movement and strengthen muscles around your hip. When attempting the exercises it is important to perform them with a good technique. There may be a slight increase in your pain and you may feel some muscle aching. If the exercises cause pain then you should allow time for this to settle before trying again. All exercises should be performed gently, slowly and ideally done three times a day. Choose 3-4 exercises to do each session.

Warm up and Cool down

It is important that you warm up if possible with a gentle walk for 3-4 minutes before you start your exercises. This will increase your circulation and help your muscles prepare for the activity. When you have finished your exercises it is important to allow your heart rate to slow down gradually by ending with a gentle walk for a few minutes.

Stretching Exercises

1. Hamstring Stretch

Stand upright and place the foot of your affected leg on a step. Slowly lean forward at your hips until you feel a stretch at the back of your thigh. Keep your back straight. Hold for 20—30 seconds, repeat 5 times.



2. Quadriceps Stretch

Stand upright, holding on to a firm support. Loop a towel around the ankle of your affected leg. Keeping your back straight, use the towel to pull your heel towards your bottom to feel a stretch at the front of your thigh. Hold for 20-30 seconds, repeat 5 times.



3. Hip Flexor Stretch

Stand in a wide walking position. Put both of your hands on a firm support in front of you. Lean forwards and bend your front knee, push your hips forwards and keep your back straight. You should feel a stretch in the front of the hip and thigh of the back leg. Hold for 20—30 seconds, repeat 5 times.



Strengthening Exercises

1. Static Gluteals

Lying on your back with your legs straight. Tighten the buttock muscles by clenching them together. Hold for 10 seconds. Repeat 10 times.



2. Bridge

Lying on your back with knees bent. Squeeze your buttocks together and lift your bottom off the floor. Do not arch your back. Return to starting position. Repeat 10 times.



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3. Active Hip Flexion

Stand holding on to a firm support. Lift your affected leg up in front of you, bending your hip and knee, as far as you can. Slowly lower back down. Repeat 10 times.



4. Active Hip Abduction

Stand upright, holding on to a firm support. Lift your affected leg out to the side without bending sideways. Return to the start position. Repeat 10 times.



5. Quadriceps Strengthening - Mini Squat

Using a chair for balance, squat down bending both knees but keeping the back straight. The squat should be to no more than 45 degrees. Repeat 10 times.



6. Clam

Lie on your side with your knees bent. Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together and back straight during the exercise. Lower slowly back down. Repeat 10 times.



7. Hip Abduction in Side Lying

Lying on your side. Keep the leg on the bed bent and the upper leg straight. Lift the upper leg straight up with ankle flexed and the heel leading the movement. Lower slowly back down. Repeat 10 times.



Other Exercise

Swimming and cycling are both good exercise to try if you are able to. They will help improve mobility, strength and general fitness without putting excessive stress through your joints. If you are unsure about exercising or have other medical problems, please see your GP for advice before starting any new exercise regimes.

Further Problems?

During flare ups, reducing the amount of exercises can be useful. If you experience any problems with the exercises in this leaflet, please stop immediately and consult your Doctor or Physiotherapist. If you would like further exercises or help with your Arthritis, you may benefit from physiotherapy. You should discuss this with your Doctor.