

Exercise Program for Hip Arthritis



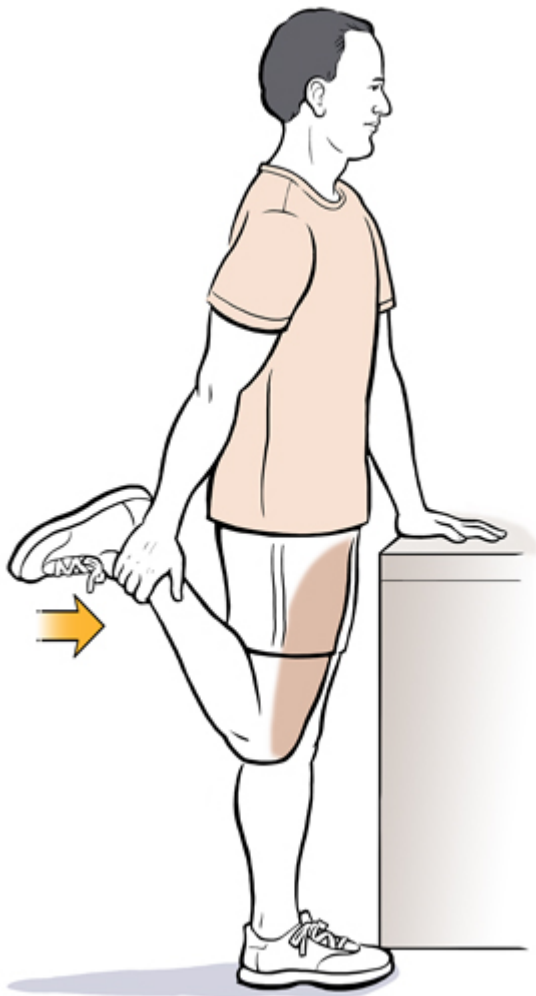
Your healthcare provider may recommend exercises to help decrease pain and improve function in your hips.

Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.

Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.

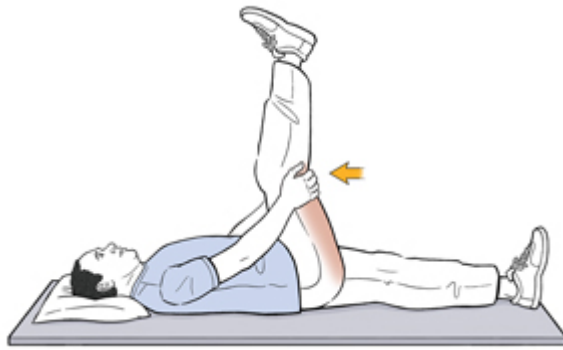
Standing Quadriceps Stretch

1. Stand upright. If you need to, place your hands on the back of a chair, table, or countertop for balance.
2. Bend one knee to bring your foot back toward your buttocks. Grab your ankle.
3. Pull your foot toward your buttock until you feel a stretch in the front of your thigh.
4. Hold for 15 to 30 seconds.
5. Repeat 3 times. Then switch legs.



Supine Hamstring Stretch

1. Lie on your back with your legs straight.
2. Lift one leg up. Hold the back of your leg and gently pull it toward your body until you feel a stretch in the back of your thigh.
3. Hold for 15 to 30 seconds.
4. Repeat 3 times. Then switch legs.

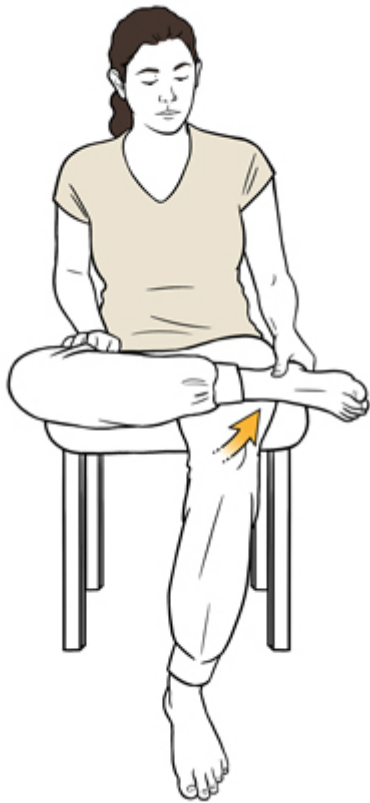


Seated Figure 4 Stretch

1. Sit in a chair with both feet flat on the floor.
2. Place the outside of one ankle over the opposite thigh.
3. Gently pull your foot towards you until you feel a stretch in the buttock and hip of your bent leg.
4. Hold the stretch for 10 to 30 seconds, then relax.
5. Repeat 3 times, then switch legs.

Tip:

- For a deeper stretch, gently press on your bent knee and/or lean forward slightly.

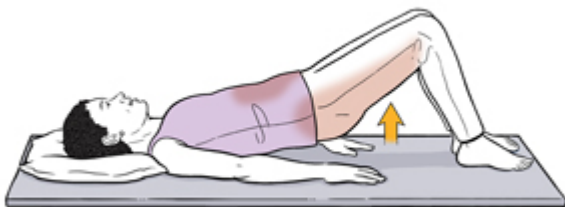


Bridge

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Tighten your core muscles. Then push your feet into the floor and lift your hips up until your shoulders, hips, and knees are all in a straight line.
3. Hold for 5 seconds, then slowly lower your buttocks back down to the floor.
4. Repeat 10 times.

Tip:

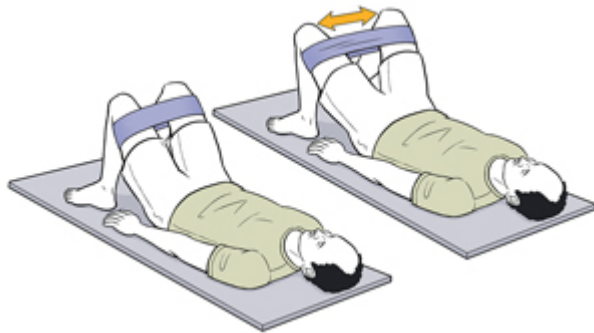
- Do not arch your back during the exercise.



Supine Isometric Hip Abduction

1. Lie on your back with your knees bent and feet flat on the floor. Place a resistance band or belt around your thighs, just above your knees.

2. Gently move your knees outward (away from each other), pressing into the band.
3. Hold for 5 seconds, then relax.
4. Repeat 10 times.



© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.