

HIP ARTHRITIS

Here are some exercises to manage hip arthritis. Ease off the exercise if you start to have pain. Your doctor will tell you when to start and which exercises work best for you. Follow the QR code for videos to guide you through these exercises.

Straight-leg raises to the inside and outside



Knee-to-chest stretch



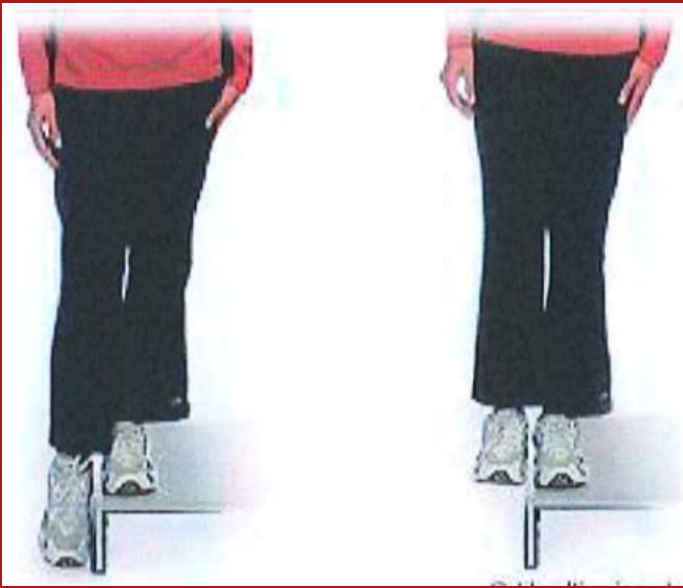
Quadriceps stretch



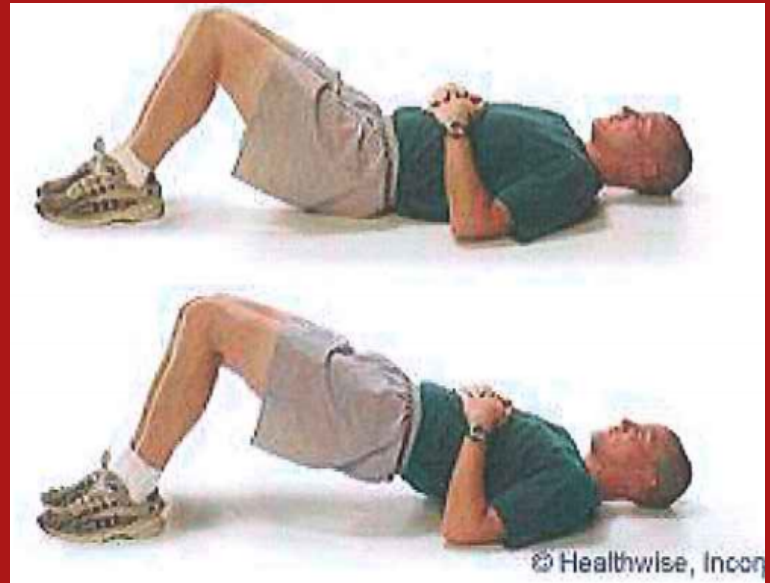
Clamshell knee-raises



Hip hike



Bridging



Hip-rotator stretch



Hamstring stretch

