

Exercise plan:
OA Hip Moderate

Patient:
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Date:
24th Apr 2020



Hip Flexion Assisted

Grasp the back of your thigh (hamstring) and pull your knee towards your chest. Go as far as feels comfortable. When you have finished the stretch, let your leg come down to the bed or the floor. If you have trouble reaching your thigh, hold around your knee joint instead. This exercise will improve mobility in your hip joint.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/yJauXvtiofg>

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Adductor Stretch Lying

Lie on your back, bend your knee, and drop your leg out to the side. You will feel a stretch on the inside of your thigh, known as the adductor muscle group.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/nFYPzfXPnGA>



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Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Hold for 3 | Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/fK_xUE3OKIE

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Sit to Stand - No Hands

Sit upright with good posture. Place your arms across your chest. Gently lean forwards and use as much leg and core strength as you can to push yourself up. If you get stuck, use one or both arms to assist. Once upright, stand up straight. When you feel comfortable, slowly sit back down, ideally with your arms across your chest. However, if you need some guidance then use your arms to assist the sitting. Try to keep a straight spine during the sitting rather than let your back round forwards too much. This exercise will strengthen your legs and core.

Repeat 15 times | Perform 3 times daily

Video: https://youtu.be/2rVOvOU_vmE



Single-Leg Stand

Stand on one leg. You can soften your knee slightly if you wish. Be careful not to fall over (stand next to a wall or table if you are unsteady on your feet). Hold this position. You will feel the leg working, and will likely get some muscle aching all over the leg and buttock.

Hold for 30 | Repeat 2 times | Perform 3 times daily

Video: <http://youtu.be/hH4aQTBIYo0>