

Exercise plan:
OA Hip Advanced

Patient:
--

Date:
24th Apr 2020



Hip Flexion Standing 2

Stand up against a wall, and bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles.

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

Video: <http://youtu.be/Znn8EgEM5PY>

Adductor Stretch Lying Two Legs

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

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

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



Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

Repeat 15 times | Perform 3 times daily

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





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>



Box Step Front

Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/EI739iJbGUU>