

Exercise plan:
**Hip osteoarthritis exercises -
MODERATE**

Patient:
CHCP WEBSITE EXERCISES

Date:
12th Jan 2024

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Supine Bridge Medium



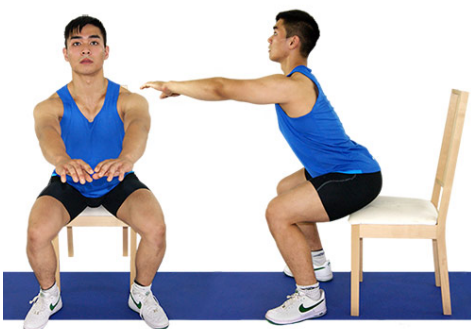
Lie flat on your back with your arms across your chest, and with your knees bent. Squeeze your bottom muscles and lift your body upwards. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise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

Sets: 3 | Repetitions: 5-15 | Days per week: 4-6

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

© rehabmypatient.com

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.

Sets: 3 | Repetitions: 5-15 | Days per week: 4-6

Video: <https://youtu.be/Z20XNb0VdEk>

© rehabmypatient.com



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.

Sets: 3 | Repetitions: 5 | Time: up to 30 seconds | Days per week: 4-6

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



Adductor Stretch Sitting Overpressure

Sitting on a chair or the floor, bend your knee and drop your leg to one side to create a stretch on the inside of your leg. Use your hand to push the leg downwards creating a stronger stretch. This exercise stretches your adductor muscles. Hold the stretch for the required time, and relax.

Sets: 3 | Repetitions: 5 | Time: hold for 5-10 seconds | Days per week: 4-6 | Both sides

Video: <http://youtu.be/TvR4J3R3tnY>



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.

Sets: 3 | Repetitions: 5-15 | Days per week: 4-6 | Both sides

Video: <http://youtu.be/EI739ijbGUU>