

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

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.



Shoulder Bridge 2

Start position is shoulder bridge level one, with a neutral pelvis and the spine rolled away from the mat. Inhale to prepare, exhale to lift one leg into a table top position with your hip at 90-degrees and knee at 90-degrees. Avoid tilting your pelvis from side to side. Inhale as you replace your leg down, ready to repeat on your opposite leg. Exhale, as you roll your spine down vertebra by vertebra to finish.

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

Video: <http://youtu.be/r9rgEAB13yM>



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>



One Leg Stand Knee Touch

Stand on one leg, and bend your knee up to 90-degrees while your opposite hand touches the outside of your knee. Try to hold this position for 5 seconds and repeat the other side. It's a great strengthening exercise especially to the quadriceps (thigh) muscle, but also improves balance.

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

Video: http://youtu.be/g_uXMs_y0ME



Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.

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

Video: http://youtu.be/7QR_lew1f7Y



Adductor Stretch Sitting Two Legs Overpressure

Sitting on a chair or the floor, bend your knees and drop your legs outwards to create a stretch on the inside of your legs. Use your hands to push the legs downward creating a stronger stretch. This exercise stretches your adductor muscles.

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

Video: <http://youtu.be/JyqlsrosE7k>



Adductor Stretch Standing

Stand with a wide stance, and lean towards one side creating a stretch on the inside of your leg. Hold the stretch for the required time, and relax. Be careful not to go too strong, the adductor muscles on the inside of your thigh can easily pull if you stretch too hard.

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

Video: <http://youtu.be/zic8EezO6pM>

