

Exercise plan:
OA Hip Easy

Patient:
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Date:
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Hip Flexion Lying

Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest. As your hip becomes more mobile, you should be able to bend it further.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/a6OPHJaEfXA>



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Hip Flexion Sitting

Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/l6ChVWAVwbg>



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Hip Abduction Straight Leg Supine

Lie down flat on your back on the floor or a bed. Slide your hip out to the side of your body as far as feels comfortable. Hold this stretch, then slide your hip back to the midline. This exercise will improve mobility to your hip joint.

Repeat 15 times | Perform 3 times daily

Video: <https://youtu.be/hZoBB4-NCd8>

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.

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

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