



Physiotherapy Department

Personal Exercise Programme

Hip, early OA
Date : 16/03/2001



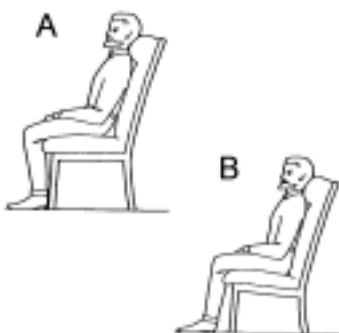
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Do not aggravate hip pain by prolonged sitting or walking. Rest the joint wherever possible. These exercises encourage mobility and strength. They should be comfortable to perform and should not cause any pain during or afterwards.



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This a comfortable sleeping or resting position for your hip. The hips are slightly flexed by using pillows under the knees.



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Avoid sitting. If you do have to sit - always interrupt every few minutes by standing or walking.



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Lying on your back.

Bend the leg to be stretched towards your chest and hold onto the knee with both arms. Pull your knee towards your chin keeping your head on the floor. You should feel the stretching on the back of your thighs and buttock. Hold approx. 20 sec. - relax.

Repeat ___ times.



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Lying on your back.

Tighten your thigh muscle and straighten your knee. Lift your leg ___ cm off the bed. Hold ___ secs.

Repeat ___ times.



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Lying face down.

Lift your leg towards the ceiling keeping your knee straight.

Repeat ___ times.