

Exercise for Hip Arthritis

Non-operative strengthening program

Strong hip and buttock muscles take stress off an arthritic hip and make walking easier. Exercise is one of the best-proven treatments for hip arthritis. Expect it to take 6 to 8 weeks to feel the benefit.

- Do the strengthening exercises 3 days a week. Walk or bike on most other days.
- Start with 1 set. Build to 2 or 3 sets as it gets easier.
- Avoid high-impact exercise such as running and jumping.
- A cane in the hand opposite your sore hip takes load off the joint on bad days.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

YOUR PROGRAM Strength, balance, and motion



Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets



Clamshell

Lie on your side, knees bent, heels together. Keep your feet touching and lift your top knee. Don't let your hips roll back.

Do: 15 reps x 2 sets, each side. Add a band when easy



Standing Kick-Back

Hold a counter. Move your leg straight back from the hip, keeping your knee straight and your back still. Return slowly.

Do: 10 reps x 2 sets



Step-Up

Face a step. Put your whole foot on the step and stand up tall on that leg. Step back down slowly.

Do: 10 reps x 2 sets, each side

Start with a 4-inch step. Go higher as you get stronger.



Hip Roll In and Out

Lie on your back with your legs straight. Slowly roll your whole leg so your toes turn in, then out.

Do: 10 each way, 2 times a day



Side-Lying Hip Raise

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

Do: 12 reps x 2 sets, each side

Don't let your top hip roll backward.



Standing Hip Raise to the Side

Hold a counter and stand tall. Lift your leg out to the side with your toes pointing forward. Lower slowly. Don't lean.

Do: 10 reps x 2 sets

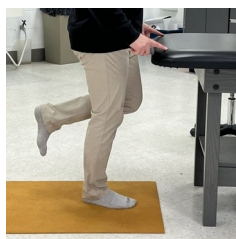


Sit to Stand

Sit at the front of a sturdy chair, feet under your knees. Lean forward and stand up, then sit back down slowly.

Do: 10 reps x 2 sets

Use your hands at first if you need to. Work toward not needing them.



Single-Leg Balance

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

Do: 30 seconds, 3 times each side

Harder: close your eyes or stand on a pillow.



Knee to Chest

Lie on your back. Hold behind one thigh and gently pull the knee toward your chest until you feel a stretch. Hold, then switch.

Do: Hold 20 to 30 seconds, 3 times each side

Stop before any pinch in the front of your hip.





Kneeling Hip Flexor Stretch

Kneel on one knee on a pad. Tuck your tailbone and shift your hips forward until you feel a stretch in the front of the hip. Hold.

Do: Hold 30 seconds, 3 times each side

Go gently. Skip it if it causes groin pain.



Stationary Bike

Set the seat so your knee is slightly bent at the bottom. Pedal with light resistance. If you can't go all the way around, rock back and forth.

Do: 15 to 30 minutes, most days

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.