

Home Exercises for Hip OA

Stretching improves range of motion and keeps you flexible



Standing Straight Leg Raise to the Side

Stand and hold the back of a chair for balance. Place your weight on your left leg. Stand tall and lift the right leg out to the side - keep the right leg straight and outer leg muscles tensed. Hold 3 seconds, then slowly lower the right leg. Do two sets of 10 repetitions. Switch legs after each set.

How often to do this exercise: _____

This move helps you bend over or get in and out of cars



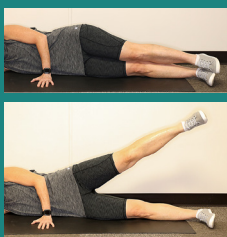
One Leg Balance

Stand behind your kitchen counter or a back of a chair, without holding on, and slowly lift one foot off the floor. The goal is to stay balanced for 20 seconds without grabbing counter.

Do this move twice, then switch sides.

How often to do this exercise: _____

Strengthen hip abductor muscles

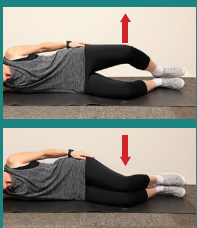


Side Leg Raise Extension

Lie on your side, stack your hips and extend both legs. Rest your lower arm under your head and your top arm on your top hip. Slowly lift the top leg keeping the feet and knees pointing forward. Lower the leg with control. Repeat 10 times each side for up to three sets. Do not allow low back to extend. Do not lift leg too high (more than 20 degrees).

How often to do this exercise: _____

Gluteus medius exercise



Clamshell

Lay on your side with legs stacked with your knees and hips bent to about a 45' angle. While keeping feet together lift the top knee vertically a few inches to the level of your hips then return to the starting position. Ensure pelvis does not rotate backward and only your knee raises. Engaging abdominal muscles can help if this occurs.

How often to do this exercise: _____

For core muscles - abdominals, gluteals, and back extensors



Bridging

Begin by lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground. Squeeze your buttocks, tighten your abdominals and lift your buttocks off the surface while keeping your shoulder blades on the surface. Keep the hips/pelvis level, do not arch your back or hold your breath. The motion is similar to 'scooting yourself up in bed.'

How often to do this exercise: _____

Home Exercises for Knee OA

To get the most out of your stretches, warm up first with 5-minutes of activity like walking or biking.

Quad Set

Start by lying on the floor. (Put a towel roll under your knee) Keep both legs and heels on ground. Simply tighten the muscle on top of your thigh. Hold the left leg tense for 5 seconds. Keep breathing. Do two sets of 10 repetitions. Switch legs after each set. Do not let your buttock come off the floor/bed.

How often to do this exercise: _____

Help to strengthen the quadriceps muscle



Calf Stretch

Hold onto a chair for balance. Bend your left leg. Step back with your right leg, and slowly straighten it behind you. Press your left heel toward the floor. You should feel the stretch in the calf of your back leg. Hold for 20 seconds. Repeat twice. Then switch legs.

How often to do this exercise: _____

Stretching exercises also help prevent pain and injury



Straight Leg Raise

Lie on the floor, upper body supported by your elbows. Bend your left knee, foot on the floor. Keep the right leg straight, toes pointed up. Tighten your thigh muscles and raise your right leg. Hold for 3 seconds. Keep your thigh muscles tight and slowly lower your leg to the ground. Touch and raise again. Repeat 10 times, then switch legs. Do not raise your straight leg more than 45 degrees.

How often to do this exercise: _____

Build muscle strength to help support weak joints

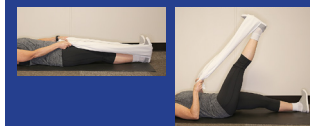


Hamstring Stretch

Lie down. Loop a bed sheet (or a towel) around your right foot. Use the sheet to help pull the straight leg up and stretch it. Hold for 20 seconds, then lower the leg. Repeat twice. Then, switch legs.

How often to do this exercise: _____

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Squat without Bands

Begin with feet shoulder width apart, toes turned slightly outward. Bend knees and sit back slightly as you descend to about a 45' angle and keep weight through the heels. Rise up by pulling hips forward, pushing the heel into the floor and standing straight up. Push feet outward against the ground as if "spreading the floor" during the movement to ensure good hip muscle engagement.

How often to do this exercise: _____

Strengthen quadriceps, gluteus, hip abductors, and adductors

