



# ORTHOPEDIC ASSOCIATES of HARTFORD

*50 Years of Excellence*

## HIP OSTEOARTHRITIS

### Home Exercises

Osteoarthritis, commonly known as wear-and-tear arthritis, is a condition in which the natural cushioning between joints (cartilage) wears away. When this happens, the bones of the joints rub more closely against one another with less of the shock-absorbing benefits of cartilage. The rubbing results in pain, swelling, stiffness, decreased ability to move and, sometimes, the formation of bone spurs. The most common symptom of hip OA is pain around the hip joint (generally located in the groin area). Most of the time, the pain develops slowly and worsens over time.

The goals of the below exercises are to maximize range of motion and flexibility and work to increase the strength and control of your hips/ core. Although some soreness with exercise is expected, we do not want any sharp pain—pain that gets worse with each rep of an exercise or any increased soreness for more than 24 hours. If this is the case, modify the exercises to decrease the number of reps or the frequency.

#### SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, use your hands and gently draw up a knee towards your chest.

Keep your other knee straight and lying on the ground.

***Repeat 10 Times***     ***Hold 5 Seconds***

***Complete 1 Set***     ***Perform 2 Times a Day***



#### BUTTERFLY STRETCH - SUPINE

Lie on your back with knees bent and place the bottom of your feet together. Next, lower your knees to the side for a stretch to your inner thighs.

***Repeat 10 Times***     ***Hold 10 Seconds***

***Complete 1 Set***     ***Perform 2 Times a Day***



## HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

**Repeat 3 Times**      **Hold 30 Seconds**

**Complete 1 Set**      **Perform 2 Times a Day**

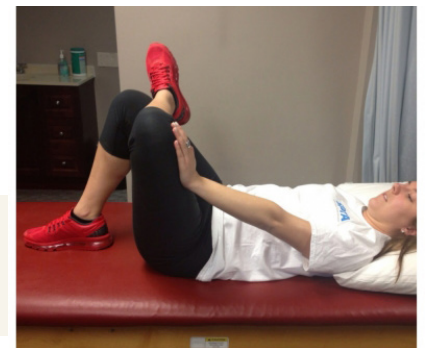


## PIRIFORMIS STRETCH (Figure Four)

While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Gently push inside of crossed leg at knee. You should feel the stretch in the back of the buttock of crossed leg.

**Repeat 3 Times**      **Hold 30 Seconds**

**Complete 1 Set**      **Perform 2 Times a Day**

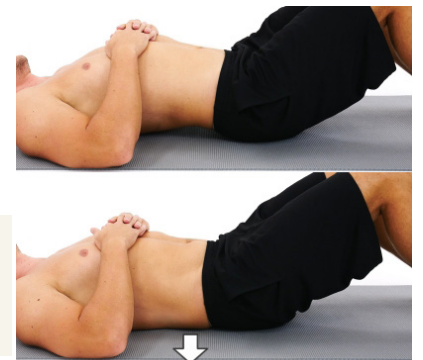


## PELVIC TILT SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

**Repeat 10 Times**      **Hold 5 Seconds**

**Complete 1 Set**      **Perform 2 Times a Day**



## HEEL BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks, lift your toes and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. You should be pressing through your heels the entire time.

**Repeat 10 Times**      **Hold 1 Second**

**Complete 2 Sets**      **Perform 2 Times a Day**



## SIDELYING CLAMSHELL - CLAM SHELL

Tighten your stomach While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

**Repeat 10 Times**    **Hold 1 Second**

**Complete 2 Sets**    **Perform 2 Times a Day**



## HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body or slightly behind.

The bottom leg can be bent to stabilize your body.

**Repeat 10 Times**    **Hold 1 Second**

**Complete 2 Sets**    **Perform 2 Times a Day**



## SIT TO STAND - THIGH SUPPORT

Start by scooting close to the front of the chair. Then lean forward and place your hands on your thighs. Rise up to standing using your hands for support.

Sit back down using your hands for support on your thighs and then repeat.

If too difficult you can add a pillow to the chair to make it easier.

**Repeat 10 Times**    **Hold 1 Second**

**Complete 2 Sets**    **Perform 2 Times a Day**

