Therapeutic Exercises for Osteoarthritis of the Hip

Hip exercises

**Ankle pumping**
Move your ankles up and down.

**Hip and knee flexion**
Lie on your back.
Bend your knee then straighten it.
Do not bend past 90˚.

**Hip abduction**
Keep your leg straight.
Slide your leg out to the side and back.
Do not cross the midline.

**Thighs and buttocks**
Keep your leg straight.
Tighten the muscles on your upper thigh and buttocks.
Hold for 5 seconds.

Do all of these exercises **3 times a day** on your affected side.
Do each exercise **10 times**.

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Therapeutic Exercises for Osteoarthritis of the Hip and Knee

Standing leg exercises

Do all of these exercises **3 times a day** on your affected side.
Do each exercise **20 times**.
Hold onto a solid rail or kitchen counter at home when doing these exercises.
Look straight ahead when doing these exercises.

**Toe ups**
Gently rise up on toes, and hold for 3 seconds.
Then rock back on heels, and hold for 3 seconds.

**Leg-kickback**
Stand straight holding onto a support.
Bring your leg backward, keeping knee straight, and hold for 3 seconds.
*Do not lean forward.*

**Leg-sideways lift**
Stand straight holding onto a support.
Lift your leg sideways, hold for 3 seconds and bring it back.
Keep your trunk straight during this exercise.

**Knee bends**
Hold onto support for balance.
Slowly bend knees, and hold for 3 seconds.
Keep both feet on the floor.

**Marching**
Hold onto support.
Lift knee.
March on the spot.

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