

HIP EXERCISES

MUSCLE AND JOINT PAIN THAT COMES ON AFTER ACTIVITY AND LASTS MORE THAN TWO HOURS MEANS YOU MAY HAVE DONE TOO MUCH, TOO QUICKLY. DO IT LESS VIGOROUSLY OR DO IT FOR LESS TIME THE NEXT DAY. IF IT CONTINUES TO BE A PROBLEM, SEEK MEDICAL ADVICE.

1 SIT TO STAND

You will need a sturdy chair for this exercise. Place the chair against a wall to prevent it from moving during the exercise. Your chair should be a height that allows your feet to be flat on the floor when you are sitting down.

- Start this exercise sitting down. Slowly move into a standing position without using your arms if possible.
- Lower yourself back down into a sitting position in a slow, controlled manner.
- Rest and repeat. Complete 2 sets of 10 repetitions, 3 – 4 times per week.



2 HIP FLEXION

You will need a sturdy chair to hold onto for this exercise. Ensure that the chair is against a wall or on a non-slip surface so that it does not move while completing this exercise.

- Bending your knee, lift your right leg up as high as possible.
- Lower your leg back to the ground in a slow and controlled manner.
- Repeat with your left leg.
- Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times per week.



3 HIP ABDUCTION IN STANDING

You may want a sturdy chair to hold onto for this exercise.

- Place your weight on your right leg. Move your left leg out to the side, in a controlled motion, keeping your knee straight. Ensure that your leg moves in a straight line, out from your hip without moving backwards or forwards.
- Return your leg to the starting position.
- Repeat this movement on your right side.
- Throughout this exercise keep your abdominal muscles tight. This will help to keep your trunk upright.
- Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times per week.





4 BRIDGE EXERCISE

You will need to lie down on a firm but comfortable surface for this exercise, with your knees bent.

- Lift your buttocks up and off the surface you are lying on.
- Hold this position for 5 seconds before returning slowly to the starting position.
- Keep your abdominal muscles tense throughout this exercise. This will help to keep your spine straight throughout.
- Perform 2 sets of 10 repetitions, 3 – 4 times per week.



2 HIP ABDUCTION IN LYING

You will need to lie down on a firm but comfortable surface for this exercise.

- Lie with your legs together.
- Keeping your knee straight, slowly move your right leg out to the side in a controlled motion. Keep your leg close to the ground.
- Return to the starting position.
- Repeat this movement with your left leg.
- Perform 2 sets of 10 repetitions of this exercise 3 – 4 times per week.

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