



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025

What is osteoarthritis?

Osteoarthritis is a condition that affects the joints, and can cause pain and stiffness. Our joints go through a normal cycle of wear and repair during our lifetime. During the repair phase the joints may change in structure and shape, cause thinning of the cartilage between the bones and the joint surfaces may become rough. Pain may be felt all around the lower back, buttocks, groin. Sometimes pain can be felt from the top of the thigh to the knee and occasionally all the way down to the ankle (Referred pain). It might feel worse with specific movements like prolonged standing, walking and bending.

What are the symptoms of osteoarthritis?

Typical physical signs are:

- Tenderness over the joint
- Stiffness in the morning, but does not usually last more than 30 minutes.
- Creaking of the joint
- Joint swelling
- Restricted movement
- Decreased joint stability
- Weakness of thigh muscles

Top tips for managing hip osteoarthritis

- 1 Keep active but pace yourself – don't overdo it on 'good' days and keep moving on 'bad' days - alter your activities depending on your pain.
2. Try to maintain a healthy weight, as it reduces excessive load on the hip and improves function.
3. Wear shoes with thick, shock-absorbing soles to cushion the impact of walking.
4. Ensure you take regular pain killers as advised by your GP to help with effective pain relief and to aid increased function.
5. Apply a heat or ice pack to ease pain and stiffness. Ensure you protect your skin to avoid burns or irritation. Do not use ice if you have poor sensation over the area, an infected wound, Raynauds Syndrome, or Cryoglobulinaemia. A TENS machine can also be used for pain relief and reduction of stiffness.
6. Don't stay in the same position for long periods of time (e.g. sitting, lying). When you are awake, move your hip gently for 10 to 20 seconds every hour.
If you are struggling to walk and need assistance, walking aids can be provided by the NHS. If you wish to purchase your own, please seek assistance in measuring to ensure the right fit

Exercise Dosage

If you're just beginning, start with one set of 3 to 4 repetitions and work up to 8 to 10 as you get stronger. As the exercises get easier, add sets until you're up to three sets in one exercise session.



©Physiotools

Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat _____ times.



©Physiotools

Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Repeat _____ times.



©Physiotools

Chair Squat

Stand tall in front of a chair.

Squat down as if you were sitting down (push pelvis back). Briefly touch the chair with your bottom and stand back up.

Note: Keep hips, knees and toes aligned.

Repeat _____ times.



©Physiotools

Stand straight.

Lift your leg and point the foot to the side as marked in the picture. Do not let your knees turn in or out during the exercise. Have a chair beside you if you need some support.

Repeat _____ times.



©Physiotools

Stand in front of a 20 - 40 cm step.

Step up 10 times with one leg leading and then repeat with the other leg leading.



©Physiotools

Lateral Step Down

Stand on the edge of a step, with one leg hanging over the edge.

Keeping your pelvis horizontal, bend your knee allowing the foot to brush the floor.

Note:

- Keep hip, knee and toes aligned.
- Do not let your pelvis tilt.

Repeat _____ times.



©Physiotools

Cycling.

Start with short duration and low load. Progress gradually if able.
