



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

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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.

Lying with your knees bent and feet on the floor hip width apart.



Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise.

Repeat _____ times.

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NB these can be done on your bed, you don't need to get on and off the floor if it is too difficult.

Lying on your back with a sliding board/plastic bag under your leg.



Bend and straighten your hip and knee by sliding your foot up and down the board.

Repeat _____ times.

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Lying on your back with knees bent.



Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat _____ times.

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Resisted Hip External Rotation and Abduction in Sitting



Start by sitting on a bench or chair with feet flat on the floor and a mini band around your legs, close to your knees.

Keep your feet in place and move your knees outwards against the resistance. Feel the tension in your buttocks. Slightly holding back the movement, bring the knees to the starting position.

Repeat _____ times.

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Isometric Hip Abduction

Stand tall, sideways close to a wall with one knee bent and supported against the wall.

Press the knee against the wall while keeping the hip, knee and 2nd toe of the leg you are standing on aligned. Don't let the knee of the leg you are standing on rotate inwards.

Repeat _____ times.



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Resisted Lateral Step

Start by standing with a mini band around both ankles or feet. Hips are straight, and knees are soft but not bent.

Take steps sideways against the resistance from the band. Feel the tension in your buttocks.

If this is too difficult side step without the band.

Repeat _____ times.



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Stand.

Start with short distances more frequently through the day and gradually increase time/distance as able.