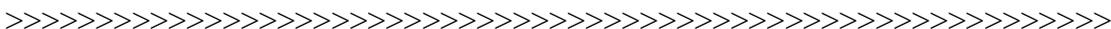


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### Hip Osteoarthritis

Osteoarthritis is a term used to explain the age related changes to your joints. It can be linked to genetics but also forms part of the natural aging process. It is often known that people with osteoarthritis can have 'flare ups' of their symptoms and this is best managed with keeping yourself active and improving your general fitness. If you have a 'flare up' we recommend you trial the below exercises to help manage your symptoms during this phase.

Generally we would recommend to self-help with cycling, swimming or short periods of walking improving your general fitness and strength around the hip joint to support the joint better.

#### Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hip some relative rest in the short term.

#### Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed  
Heat packs 10-15 minutes daily and/or after exercise – to ease any muscle spasm and this can help with pain.

Heat:

Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

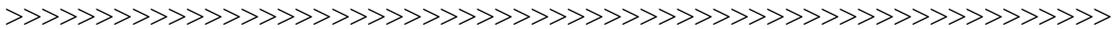
Ice:

Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

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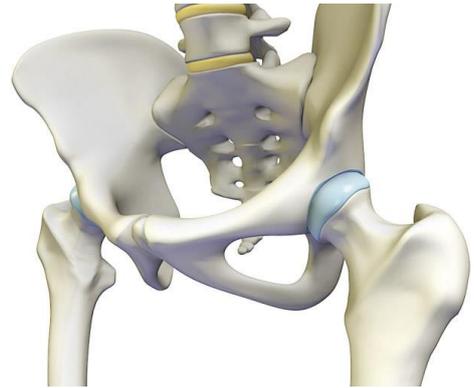


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Exercises:

We would recommend you try the following exercises. **If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.**



Knee Bend:

- On lying position
- Bring your heel towards your bottom and straight back to the starting position
- 15 repetitions



Leg abduction:

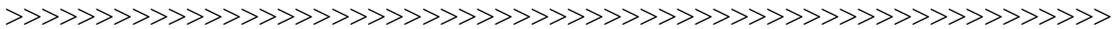
- Lying on your back
- Open your leg out to the side and bring it to the starting position
- 15 repetitions



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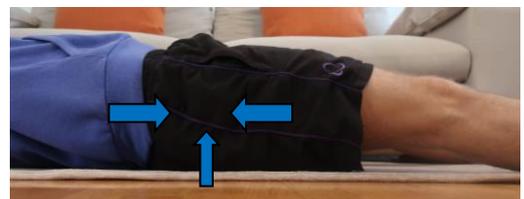


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Gluteal strengthening:

- Lay down on your back
- Squeeze firmly your buttocks together
- Hold 10 seconds, 20 repetitions



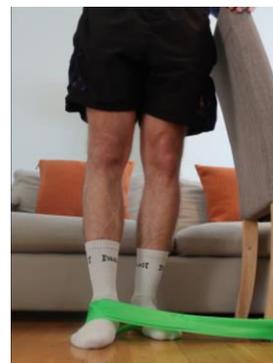
Leg extension:

- Lying on your back
- Place a roll towel behind your knee
- Push your knee down into the blanket and lift your heel off the floor
- Hold 10 seconds, 10 repetitions



Abduction with resistance band:

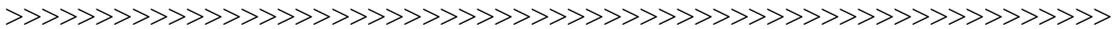
- Tight a theraband around your lower leg
- Take your leg sideways
- Hold 3 seconds
- 10 repetitions, 2 sets



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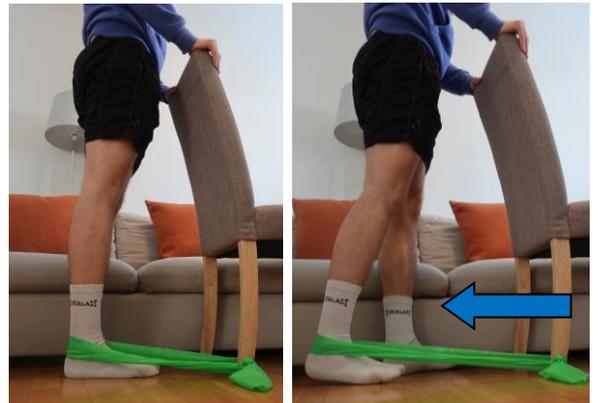


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Hyperextension with resistance band:

- Tight a theraband around your lower leg
- Take your leg backwards
- Hold 3 seconds
- 10 repetitions, 2 sets



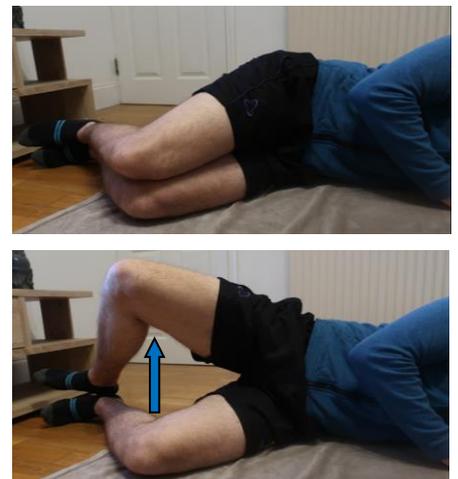
Balance exercises:

- Stand on your affected leg and lift up your good leg
- Try to keep your pelvis aligned
- Hold 20 seconds
- 5 repetitions



Clam exercise:

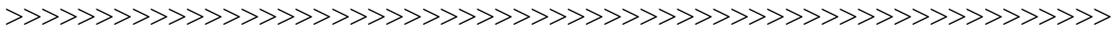
- Lying on your good side
- Bend your hips and knees, keeping your pelvis square and ankles together
- Slowly lift up you knee off the bottom knee
- Hold 5 seconds
- 10 repetitions



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Knee extension in sitting:

- Sit on a chair
- Straight up your affected leg (you can add an ankle weight)
- Hold 5 seconds
- 10 repetitions, 2 sets



Weight transference:

- Stand with your feet hip distance and apart
- Transfer your weight from one foot to another
- 10 repetitions from one side to the other



Chair squats:

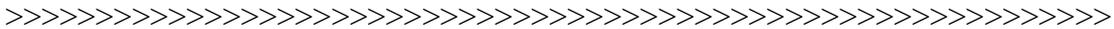
- Hold onto a chair
- Slowly squat down
- Hold for 10 seconds
- Slowly return to standing position
- 10 repetitions, 2 sets



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Isometric side leg lift:

- Lying onto your side
- Straighten the top leg
- Lift and hold that leg for 20-30 seconds
- Place a pillow between your knees for resting in between each exercise if needed
- 10 repetitions



Gluteal Bridging:

- Lying onto your back, knees bent with feet resting on floor
- Squeeze your buttocks and lift up your hips
- Hold 5 seconds
- Then relax as you lower back down
- Ensure you are slow and controlled with movements
- 10 repetitions

