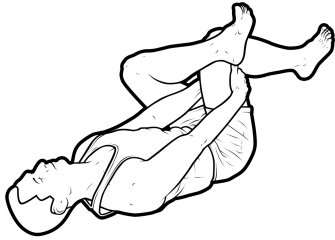


HIP OSTEOARTHRITIS

STRETCH AND STRENGTH

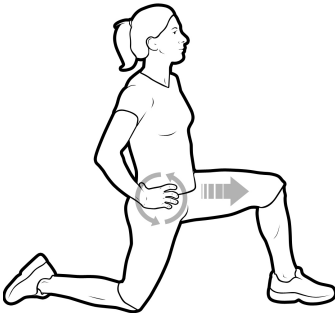


GLUTEAL STRETCH

Lie on your back and cross you ankle over your opposite knee. Now, bend your leg up towards you as far as you can. Grasp behind your knee with both hands and pull your leg towards your chest until you feel a stretch in your gluteals. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day



HIP FLEXOR STRETCH

Half-kneeling, rotate your pelvis backwards as you move your hips forward until you feel a stretch in the front of your hip. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day

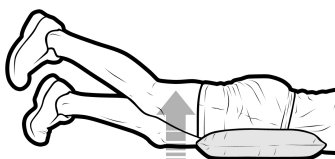


HIP INTERNAL ROTATION STRETCH

Lie on your back with your arms out to the side, one leg bent to 90° and foot flat on the floor. Cross your opposite ankle over your bent knee and slowly rotate your thigh down, lowering your knee towards the floor. Apply gentle overpressure until you feel a stretch in your hip. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day

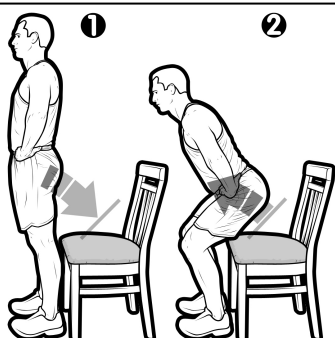


PRONE HIP EXTENSION

Lying face-down with a pillow under your hips, contract your gluteals and slowly raise your leg off the floor with your knee straight. Slowly lower and repeat. Ensure you maintain the gluteal contraction and do not over-extend the lower back during the exercise.

SETS & REPS: 2 x 10

FREQUENCY: 3 x week



CHAIR ASSISTED SQUATS

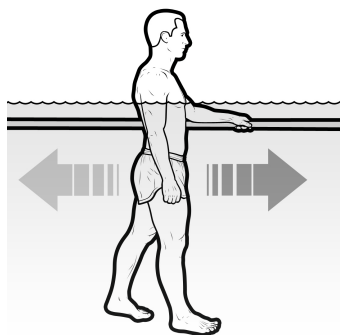
Stand in front of a chair with your feet hip-width apart. Squat down as if to sit down on the chair but before you touch the seat, stand up again. Repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 3 x week

HIP OSTEOARTHRITIS

STRETCH AND STRENGTH



HYDROTHERAPY: WALKING

Stand in waist-deep water holding a hand rail if needed. Walk forwards 20 steps and then backwards 20 steps. To increase resistance walk in deeper water.

SETS & REPS: 5 x 20 b+f

FREQUENCY: 3 x week