

Exercise Program for Hip Arthritis

If you have hip arthritis, performing home exercises can help decrease pain and improve function in your hip.

There are 5 exercises in this program: Standing Quadriceps Stretch.
Supine Hamstring Stretch.
Seated Figure 4 Stretch.
Bridge, and Supine Isometric Hip Abduction.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started. To do a standing quadriceps stretch:

Stand upright. If you need to, place your hands on the back of a chair, table, or countertop for balance.

Bend one knee to bring your foot back toward your buttocks. Grab your ankle.

Pull your foot toward your buttock until you feel a stretch in the front of your thigh.

Hold for 15 to 30 seconds, then relax.

Repeat 3 times. Then switch legs.

To do a supine hamstring stretch: Lie on your back with your legs straight.

Lift one leg up. Hold the back of your leg and gently pull it toward you until you feel a stretch in the back of your thigh.

Hold for 15 to 30 seconds, then relax.

Repeat 3 times. Then switch legs.

To do a seated figure 4 stretch: Sit in a chair with both feet flat on the floor.

Place the outside of one ankle over the opposite thigh.

Gently pull your foot towards you until you feel a stretch in the buttock and hip of your bent leg.

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Hold the stretch for 10 to 30 seconds, then relax.

Repeat 3 times, then switch legs.

To do a bridge: Lie on your back with your knees bent and your feet flat on the floor.

Tighten your core muscles. Then push your feet into the floor and lift your hips up until your shoulders, hips, and knees are all in a straight line. Do not arch your back.

Hold for 5 seconds, then slowly lower your buttocks back down to the floor.

Repeat 10 times.

To do supine isometric hip abduction: Lie on your back with your knees bent and feet flat on the floor. Place a resistance band or belt around your thighs, just above your knees.

Gently move your knees outward, pressing into the band.

Hold for 5 seconds, then relax.

Repeat 10 times.

Talk to your healthcare provider or physical therapist about these exercises and others to help improve function in your hip.