



Home Exercise Program for Hip Osteoarthritis

Please note that this handout is intended only for providers. If you're a patient, seek guidance from your healthcare provider before beginning a new exercise routine.

Isometric Gluteus
Medius at Wall



Setup: Begin in a standing upright position with your side against a wall.

Movement: With the leg closest to the wall, bend your knee to 90 degrees and lift your foot, resting your arm on the wall for balance. Gently push your bent knee into the wall, then relax and repeat.

Tip: Make sure to keep your back straight during the exercise. Think of contracting the muscles in your buttocks as you push your leg into the wall.

Hooklying Isometric
Hip Flexion



Setup: Begin lying on your back with your knees bent and feet resting on the floor.

Movement: Bend one leg up to a 90-degree angle and place your hand on your knee. Try to push your leg with the bent knee toward your chest, but resist the movement with your hand.

Tip: Make sure to keep your trunk stiff and do not arch your lower back during the exercise.

Frogger



Setup: Begin standing in a long, open, and flat area.

Movement: Lift your leg up with your knee bent, swing it out to the side, and lower it back down, taking a step forward. Repeat with your other leg.

Tip: Make sure to keep your movements controlled and maintain your balance during the exercise.



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Quadruped Rocking (slow)



Setup: Begin on all fours, with your arms positioned shoulder-width apart and your knees resting on a cushion.

Movement: Slowly rock back and forth, shifting your weight between your arms and your legs.

Tip: Make sure to keep your back straight and chin tucked during the exercise, and try to feel the crease in the front of your hip get deeper as your rock back. Maintain equal weight distribution between both sides of your body.

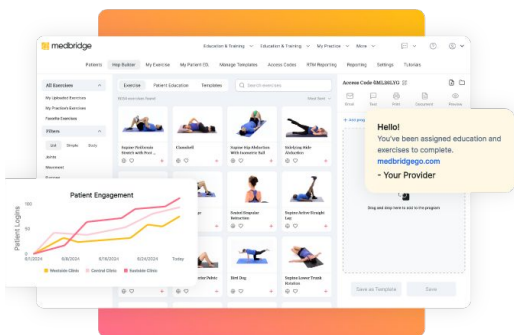
Standing Hip Hinge



Setup: Begin in a standing upright position with your hands on your hips.

Movement: Slowly bend forward by hinging at your hips.

Tip: Make sure to keep your back and knees straight during the exercise and only bend at your hips.



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