

# Hip Osteoarthritis

## How to care for your stiff hip

## Management and Prevention

### **What is it?**

Hip Osteoarthritis (OA) is joint pain of the hip with or without injury. Hip OA is common with aging.

### **What does it feel like?**

Dull ache or sharp pain in the hip. Stiffness in the joint can occur from not moving well. Getting up from the bed, chair or car can be hard to do.

### **What to do:**

Stretch the stiff joint, do exercises to get stronger, and change your posture in sitting and standing.

- Do not cross your legs when you sit
- Make sure your hips are higher than your knees when you sit
- Stand even on both legs
- Sleep with 1-2 pillows between your legs when you side on your side
- Start walking or do pool exercises

### **Exercises:**

#### One Knee to Chest Stretch

Lie on your back. Pull one knee to your chest. Perform 3 times, holding for 30 seconds each.



#### Posterior Hip Stretch

Lie on your back. Pull knee towards your shoulder and gently turn your leg towards you. Perform 3 times, holding for 30 seconds each.

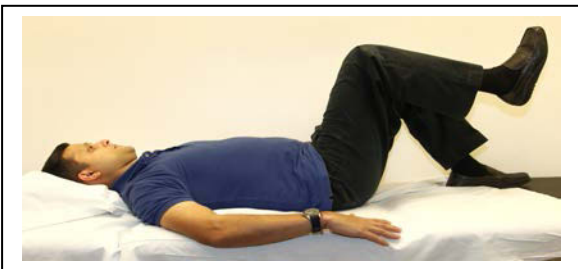


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### Abdominal bracing alt marches

Lie on your back. Tighten your stomach and lift one leg up. Return and lift the other. Perform 10 times on each leg.



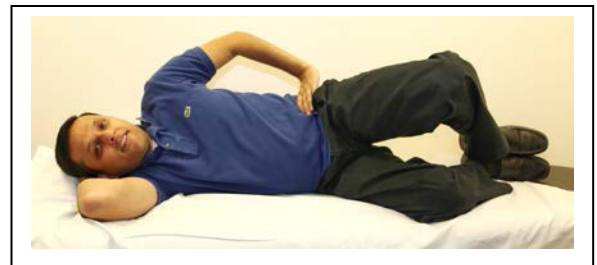
### Prone glut sets

Lie on your stomach and squeeze your buttocks. Perform 10 times, holding for 10 seconds each.



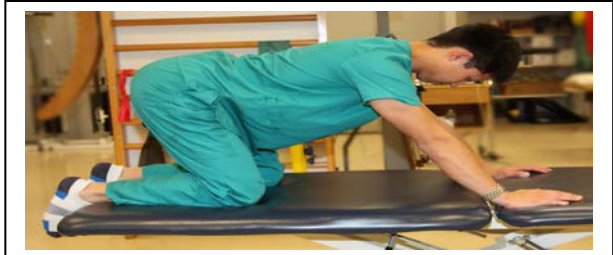
### Clams

Lie on your side the top knee up. Perform 10 times on each side.



### Quadruped rocks

On your hands and knees, rock your hip back. Perform 10 times, holding for 15-20 seconds each.



### Sit to stand

Sit at the edge of the chair. Place your feet in line with your hips and keep your knees apart as you stand up. Perform 5 times.

