



OSTEOARTHRITIS HIP EXERCISE PROGRAM

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bio page

Mark Channer, MD

Dr. Channer is a board certified, fellowship trained Orthopedic Physician. He specializes in total knee joint replacement and total hip joint replacement surgery. Dr. Channer likes to work with his patients to make informed decisions about the right time for surgery. Dr. Channer now offers his patients the option of the Anterior Approach for hip joint replacement surgery.

OSTEOARTHRITIS HIP EXERCISE PROGRAM

This exercise program is specifically designed to strengthen muscles surrounding the Hip. It is essential that each exercise is understood and performed properly.

It is recommended that a licensed physician, physical therapist, or athletic trainer provide instruction on each exercise to ensure all patients perform them correctly in order to receive the maximum benefit.

Not everyone will be capable of doing all of the exercises or completing the recommended number of repetitions. However, each individual should strive to complete 10 repetitions for each exercise 2 times a day.

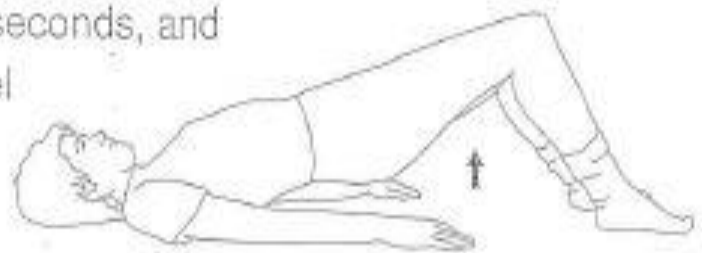
Keep in mind; it takes several weeks to see results. Find a specific time and place to exercise and make this a part of your daily routine.

Instructions:

1. Sitting in a chair with your back straight, slowly raise your leg, keeping the knee bent. Hold 3-5 seconds. Slowly lower. Repeat 10 times.



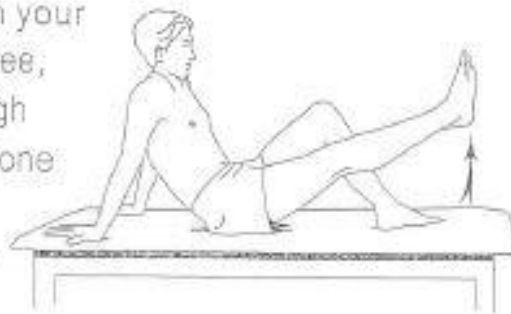
2. With your knees bent and your feet flat on the floor, push down on your feet and slowly lift your buttocks as high as possible. Hold 3 seconds, and slowly lower. You may feel muscles in your thighs, low back and buttocks working. Repeat 10 times.



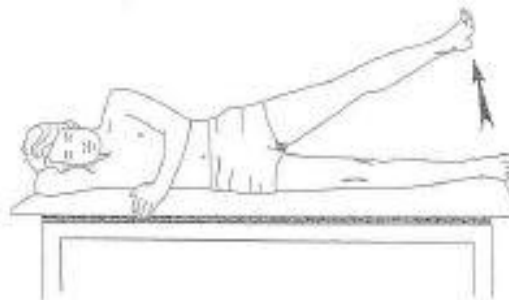
3. Lying on your back, with both knees bent, place a towel roll between knees and squeeze tightly. Hold for 5 seconds, and relax. Repeat 10 times.



4. Lie on your back or propped on your elbows. Bend your opposite knee, place foot on table. Tighten thigh muscle and slowly lift your leg one (1) foot off the table. Hold 3-5 seconds and lower leg to floor. Relax. Repeat 10 times.



5. Lie on your _____ side. Bend bottom knee and keep top knee straight. Lift top leg straight toward ceiling. Do not roll forward or backward. Hold 5 seconds. Repeat 10 times.



6. Standing with support, raise your foot toward your buttocks, bending at the knee. Keep your thigh in line with the other one. Do not lean your body forward. Hold 3-5 seconds, then slowly lower. Alternate legs. Repeat 10 times.



7. Standing straight with support, keeping your knee straight, extend your leg behind your body. Keep your toe pointing straight ahead. Hold 3-5 seconds, then slowly return your foot to the floor. Feel the muscle in your buttocks working. You may also feel a stretch in the front of your hip. Alternate legs. Repeat 10 times.



8. Standing with support, lift straight leg out to side from body. Hold the leg out to the side 3-5 seconds, then slowly return it. Do not turn your toe out. Do not drop either hip — keep your hips level. Feel the muscle at the outside of your hip working. Alternate legs. Repeat 10 times.

