



Incipient osteoarthritis
Exercises to maintain joint function

Information sheets 3
Osteoarthritis of the hip

exercise 1 Leg dangle	exercise 2 Lunge position	exercise 3 Hip flexion	exercise 4 Strengthening the gluteal muscles
<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Relaxes the hip joint to get going again, in particular after sitting or standing for a prolonged period of time. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Standing with one foot on a step or stable step stool (or after removing one shoe) to induce a shift in the height of the lower limbs. Hold onto a fixed element (e.g. a table) with one hand to keep your balance. Swing your leg back and forth without moving your upper body. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Retains the ability to put your leg back when walking by stretching the thigh. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Put one foot in front of the other in a lunge. Bend your knee, keeping your back leg straight. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> To recover full hip flexion. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> Sitting with one foot on a small step of some kind (step stool, foot stool, etc.). Tilt your torso forward. 	<p>Why is this exercise useful?</p> <ul style="list-style-type: none"> Keeps gluteal muscles (gluteus maximus & medius) well toned. To avoid limping and keep up a good pace when walking. <p>How do you do the exercise correctly?</p> <ul style="list-style-type: none"> In a lying position, knees bent, raise your pelvis without hollowing your back.
<p>TIP Place your free hand on your waist to avoid swinging your body. Keep your back straight.</p>		<p>TIP Remember to keep your upper body straight.</p>	<p>TIP Move your heels away from your buttocks in the event of cramp or pain in your knees.</p>

DURATION OF EXERCISES
Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.
Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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