

## How a Hip Movement Program Can Help Take Your Hip Pain Away

When you have hip pain often the last thing you want to do is exercise it or just move it. But in many instances that is exactly what you should try. This is especially true if your hip pain is from arthritis (osteoarthritis).

Exercise of the hip joint causes it the compress and release which brings more blood flow, nutrients, and oxygen into the joint. In other words, in most cases your hip will be much healthier if you keep it moving. However, we want movement without increased pain or discomfort. Some stiffness is acceptable.

### **So here are our recommendations:**

Movement in bed: Lie down flat on your back. Place feet on bed with knees bent. Keep knees together and rotate them back and forth. 3 sets of 10.



FitGlide: Must be used lying on back if you want to get adequate hip movement. Good for knee movement seated. Very lightweight. Swish sound when using.



Walking: We have separate videos on walking (in this video series). We have a video on walking with a gait aid (cane, walking stick, walker) and without. Check them out.

Biking (stationary or outdoor). Make sure seat height is adjusted correctly. Should have only a slight bend at knee when leg is fully extended.

Water exercises: The buoyancy of the water can decrease the amount of weight bearing on the hip. The water can also provide some increased resistance to aid in

strengthening the muscles around the hip. The disadvantage is you must have access to a pool and water classes.

Swimming: The water provides gentle resistance to the muscles of the hip.

Teeter: FreeStep LT1 Cross Trainer. Get some weight bearing and good hip motion. Also, can get a great aerobic workout. More expense. Takes up space. Heavy to move (does have wheels)

