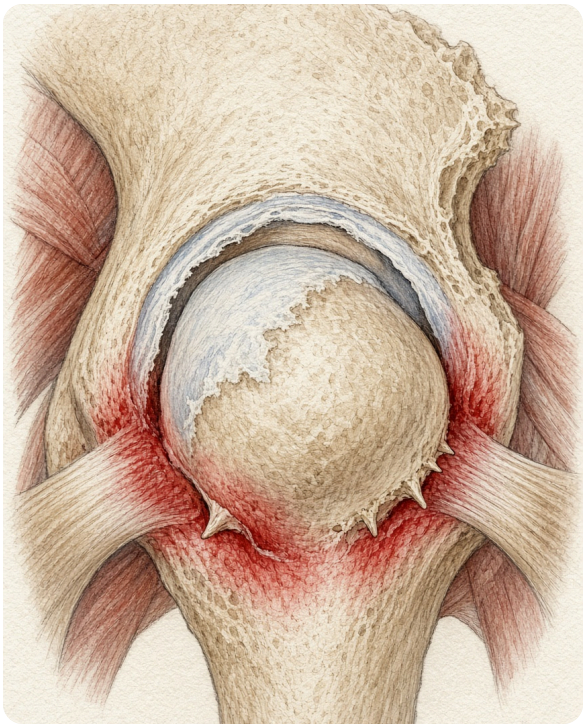
ARMIN PHYSIO



PATIENT GUIDE

Hip Osteoarthritis

Hip pain and stiffness? It could be **hip osteoarthritis.**

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Physiotherapist · arminphysio.com

What is hip osteoarthritis?

Hip osteoarthritis is when the cartilage that cushions your hip joint gradually wears down, making the joint painful, stiff and less mobile. The good news: exercise is one of the most effective treatments. Stronger glutes, hip abductors, quads and core help the hip absorb force, reducing stress on the joint and helping you walk, climb stairs and stay active with less pain.

QUICK CHECK

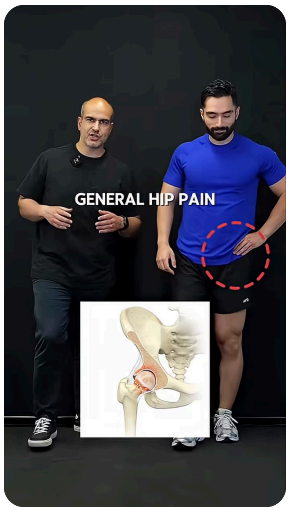
Does this sound like you?

- [ ] **Deep aching pain** inside the hip, groin or buttock
- [ ] Pain with **bending or straightening out** the leg
- [ ] General hip pain **during walking**
- [ ] **Stiffness** in the morning or after sitting
- [ ] Trouble **putting on socks and shoes** or crossing your legs

If you ticked a few boxes, osteoarthritis could be part of the picture. Try the 3 exercises on the next pages.



Deep aching pain inside the hip



Hip pain during walking

YOUR 3 EXERCISES

Try these exercises

1 Seated hover

Strengthens the legs for getting up from a chair





1. **Start from a seated position.**
2. **Lift your hips off** just enough to let some daylight through.
3. **Hold it for three seconds.**
4. **Sit back down** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Quarter-squat side steps

Strengthens the hips and quads without irritating the knees





1. **Get into a quarter squat** position.
2. **Take some side steps** coming to the right, then going back to the left.
3. **Keep the quads working** the whole time, without irritating the knees.
4. Hold on to some weight if you need extra resistance.

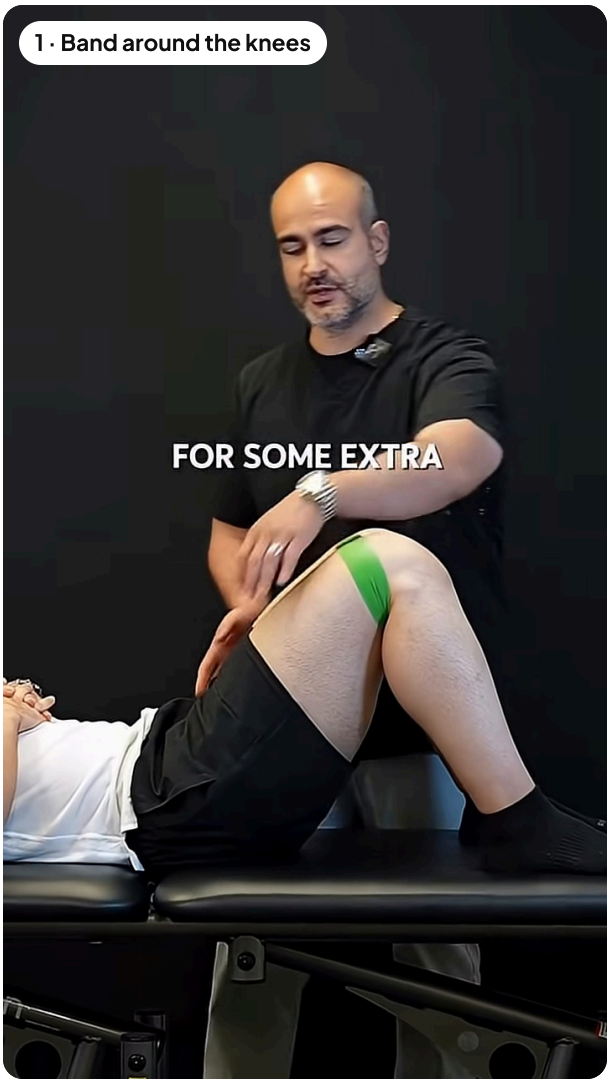
3 sets of 10–15 steps each way

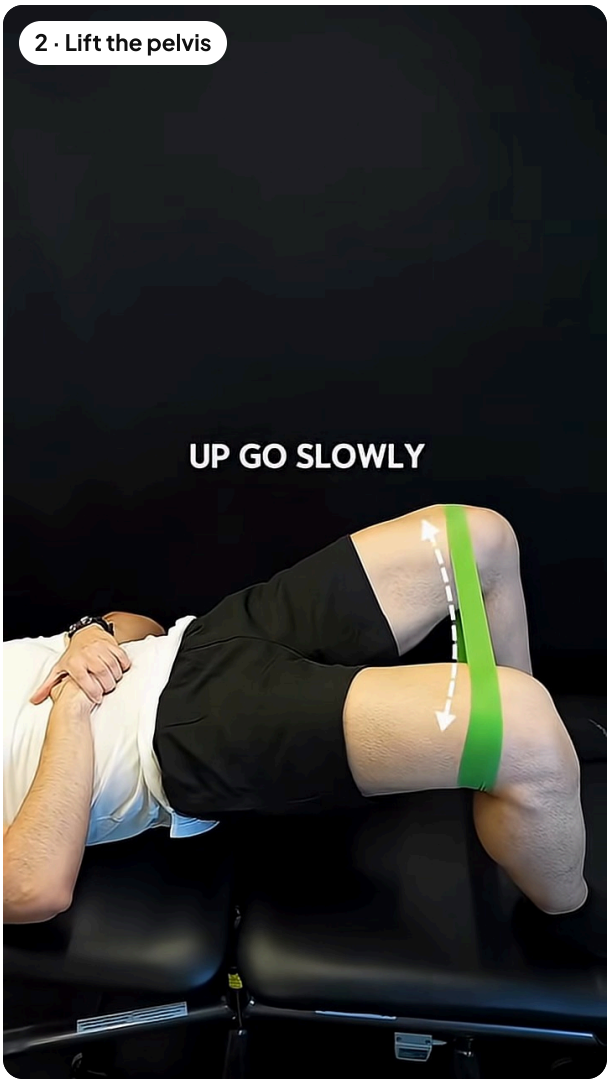
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Banded bridge

Strengthens the glutes and the muscles around the sides of the hips





1. **Lie on your back** and **loop a band around your knees** for some extra resistance around the sides of the hips.
2. **Activate your hip muscles**, pressing through those heels.
3. **Lift that pelvis up.**
4. **Go slowly down** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Sit-to-stand
Seated hover, 3 × 10–15

02
Hips & quads
Quarter-squat side steps, 3 × 10–15

03
Glutes
Banded bridge, 3 × 10–15

Sets and reps are from Armin's video description; doing it once a day is a suggestion. His description: stay within a comfortable range, **mild discomfort is okay, but sharp pain is not**. Suggested: keep that discomfort to about 4/10.

Stop the exercise if you notice

- Sharp or pinching pain in the hip
- Pain above about 4/10, or pain that keeps building as you go
- Pain that lingers or is worse the next day

A little achiness that settles within a few hours is normal with arthritis. If pain is worse the next day, ease back the reps or depth.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg**, especially after a **fall**
- The leg looks **shorter or turned out**, or the hip suddenly won't move
- A **hot, red or swollen** hip with **fever** or feeling unwell
- **Numbness in the groin**, new **bladder or bowel** changes, or leg weakness that's getting worse
- **Constant pain at night** or at rest that doesn't ease
- **Unexplained weight loss** or a history of cancer with new hip pain

If you can't bear weight after a fall, have a hot swollen hip with fever, or have groin numbness or bladder/bowel changes, **go to the nearest emergency department**. For the others, see a doctor promptly. If your hip isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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