

Hip strength exercises using resistance bands

It is very important to keep the muscles around the hip strong if you have arthritis in your lower limb. Below are a set of exercises that you might wish to try if you have hip pain from arthritis.

You can buy resistance bands of different strengths on the internet. If you don't want to use the bands, you can use gravity instead by performing the same exercises laying on your side lifting the upper leg.

You should always build up new activities slowly. You may experience mild discomfort whilst performing these exercises. If this persists, stop immediately and consult your doctor, an osteopath or a physiotherapist. Don't force through the pain.

For more information, visit: www.arthritisaction.org.uk



Clam

- Start sitting upright in the chair with the band taut around your knees
- With your feet on the floor, part your knees so that the band tightens
- Hold for 1 second and return to the starting position
- **PROGRESSION** - hold the end position for longer



Leg alphabet

- Start standing on both feet, holding onto the back of a chair
- Raise your outer leg to the side a little
- Draw out letters of the alphabet with your big toe
- Do this for one minute on one side and then repeat on the other leg



Standing hip lift with band

- Start standing on both feet, holding onto a chair with the band around your ankles
- Raise your outer leg to the side so that the band becomes taut
- Hold for 1 second and return to the start position
- Repeat for 1 minute and then do the same on the other side
- **PROGRESSION** - hold the end position for longer or raise the leg further

