Hip osteoarthritis — Exercises at home

Strengthen hip and gluteal muscles gently, adapting walking distance to symptoms.

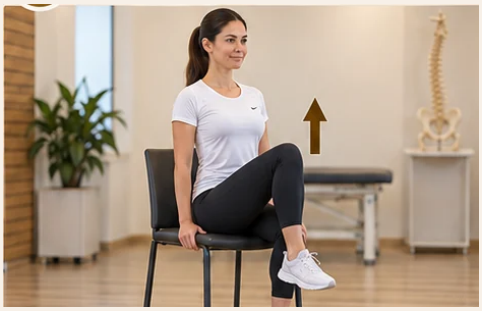

Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Seated knee lift

Sit upright, lift one knee a few centimetres, then lower slowly.

Starting amount: 6–10 ×

02 Glute bridge

Lie on your back with feet planted. Lift your pelvis slightly, then lower with control without excessive back arching.

Starting amount: 6–10 ×

03 Side-lying leg raise

Lie on your side. Raise the top straight leg a little without turning the hip backwards.

Starting amount: 6–10 ×

04 Sit to stand

Stand up slowly from a stable chair and sit down with control; use your hands if needed.

Starting amount: 6–10 ×

05 Short walks

Start with a few minutes on level ground; gradually extend the duration if comfortable.

Starting amount: 5–10 min

06 Gentle hip-flexor stretch

In a stable split stance, tilt the pelvis slightly and move forward without a deep or painful stretch.

Starting amount: 2 × 15 s

Safety & when to stop

Do not force hip movement into a painful end-range. Seek assessment after a fall with severe pain or inability to bear weight.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.