

Hip Osteoarthritis

Groin or buttock pain and stiffness from hip joint wear. Progressive strength and mobility work reduces pain and keeps you walking well.

HIP

1



Sit-to-Stand

3 × 8–12 → add weight

- Stand from a chair with minimal hand use.
- Feet hip-width apart.

2



Standing Hip Abduction

3 × 12 each

- Hold support; lift the leg out to the side.
- Body stays upright — no leaning.

3



Side-Lying Hip Abduction

3 × 12 each

- Lift the straight top leg, toes forward.
- Add an ankle weight to progress.

4



Glute Bridge

3 × 12

- Lift hips, squeeze buttocks.
- Slow 3-sec lower.

5



Hip Flexor Stretch

3 × 30 sec each

- Kneel; push hips forward, stay tall.
- Feel it at the front of the hip.

6



Cycling / Walking

20–30 min most days

- Cycling or pool walking is easiest on the hip.
- Build up gradually.

HOW OFTEN

Strength 3× per week for 12 weeks with progressive load; low-impact cardio most days.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Sudden inability to bear weight, or pain after a fall — seek urgent review.