



# HIT

Hip Injection Trial

# Advice and Exercise Leaflet



## Advice and exercises recommended for hip osteoarthritis

This leaflet is divided into 2 parts:

The **first section** includes advice for day to day activities.

The **second section** includes exercises. These are split into easy, medium and harder exercises.

Should you have any queries regarding your exercises or advice given in this leaflet, please do not hesitate to contact the HIT Study co-ordinator on \*\*\*\*\* \*\*\*\*\*, or contact your GP if your symptoms worsen.



## **Section 1: Advice on day to day tasks**

You may find that you need to **change the way you do daily activities** to help with your pain. Try to balance heavier and lighter tasks throughout the day/week. If there is a particular activity that makes your pain worse, try to break this up into smaller tasks. **Change position** if that helps to ease the pain and ensure that you **rest afterwards**.

Here are some **suggestions and tips** that you can use to help ease the pain.

### **Dressing**

When putting on trousers or a skirt, **put the painful leg in first** or adapt different ways of getting dressed.

Consider using dressing equipment, for example a sock aid if you have difficulty with socks, or a stockings/tights aid if these are difficult.

### **Shopping**

Consider using a shopping trolley when you are out shopping, it will help take some of the **weight off your painful hip**.

Use a backpack to carry shopping or divide the weight between 2 bags. Carry no more than 1 bag in each hand.

Consider ordering heavier/bulkier items online or arrange for **shopping to be delivered** once purchased from the supermarket.

### **Sleeping**

If this is difficult due to your hip problem, then try to use an **extra pillow between your knees**, this may help you to find a more comfortable position.

Consider taking pain relieving medication 2 hours before you go to bed.



### **Vacuuming and ironing**

**Adjust the height** of the ironing board, a 2-4 inch gap from the elbow to the top of the ironing board is recommended. Or consider ironing sitting down.

An upright vacuum is easier than a cylinder vacuum.

Get **someone to carry the vacuum cleaner** upstairs or consider having two, one for downstairs and one for upstairs.

### **Sitting or standing**

**Avoid sitting on low chairs/settees** or on low toilets. You may benefit from equipment to raise your chair/settee or a toilet seat frame to make it easier to get on and off the toilet.

**Avoid pulling up on radiators**, toilet roll holders or sinks as these are not designed to take your weight through them.

If you are struggling with getting on/off chairs/beds/toilets ask your GP for you to be **assessed by an Occupational Therapist**.

### **Climbing the stairs**

Go up/down one step at a time.

Put both feet onto one step and then move onto the next step.

Put your **good leg up first** onto the stair when you are **climbing up** the stairs and your **painful leg down first** when **coming down** the stairs.



### **Getting in and out of the car**

Sit on the seat and swing both legs in at the same time rather than removing one leg at a time.

A plastic carrier bag placed on the car seat can ease movement on the seat whilst getting in and out of the car.

Park away from the kerb and on a level surface to make it easier to get in/out of the car.

### **Driving**

Try **adjusting the height** of your seat if driving is painful.

Try to break up longer drives by having regular breaks.

### **Walking**

Try to break up the amount of walking you have to do with **regular breaks**.

Consider using a walking stick to take the strain off your painful hip. Always use it in the **opposite** hand to your painful hip.

### **Kitchen tasks**

Consider **sitting on a high stool** to carry out some tasks eg. preparing vegetables.

Store items that are used regularly at a level which you can reach easily ie. not on low shelves or high up.

"Shift not lift", - make use of work tops to slide things along, especially heavier items such as saucepans.



## **Section 2: Exercises for hip osteoarthritis**

### **Why should I exercise?**

Strengthening your muscles can actually decrease the load through your hip joint and relieve pain. These exercises will help to improve and restore your normal function.

The exercises are split into easy, moderate and hard.

You may not be able to do all of the exercises that are suggested. Only do what you are able to do. Specific instructions are given for each exercise. As your hip pain eases, you may be able to try more of the exercises recommended in this leaflet.

Always start any exercise programme very gently. It is important that you aim for a balance between rest and exercise. A slight increase in pain is not uncommon during the first 1-2 weeks, since it is normal to feel a generalised ache or fatigue in the muscles you have been exercising.

### **How often should I exercise?**

Try to do the exercises 3 times a week (every other day, if possible).

Try to repeat the exercises 10-20 times.

Build up to this gradually and make sure that you rest for around 30 seconds between each exercise.

You may not be able to do all of the exercises that are suggested. Only do what you are able to do.

If you feel a sharp pain whilst you are doing any of the exercises, then this might mean that you are not doing them correctly. Stop and rest until the pain has eased. Read the instructions again, and try again.

### **How long should I continue for?**

It would be beneficial for you and your hip if you are able to continue these exercises and make them a part of your daily routine.

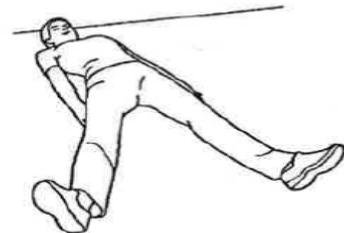


## Personal exercise programme - Easy exercises



Lie on your back.  
Bend and straighten your leg.  
Repeat 10 times.

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Lie on your back.  
Bring your leg out to the side and then back to mid position.  
Repeat 10 times.

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Lie with your knees bent and feet on the floor hip width apart.  
Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise.  
Repeat 10 times.

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Lie on your side with your legs bent. Take hold of the ankle of your upper leg.  
Gently draw your foot towards your buttock. Feel the stretch in the front of your thigh. Hold for 10 seconds.  
Repeat 10 times.

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Stand with your legs crossed and holding on to a support.  
Keeping your body, knees and feet straight forward slide your front leg backwards until you can feel the stretching on the outside of your hips and thighs. Hold approx 20 seconds then relax. Repeat with the other leg in the front.  
Repeat 10 times.

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Sit with knees and feet together.  
Bring your feet apart with heels leading and toes turned in. Return to starting position.  
Repeat 10 times.

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## Personal exercise programme - Medium exercises



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Lie on your back.

Tighten your thigh muscle and straighten your knee. Lift your leg 20 cm off the bed. Hold for 10 seconds.

Repeat 10 times.



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Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat 10 times.



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Stand straight holding onto a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Repeat 10 times.



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Lie on your side with top leg bent in front of lower leg and the foot on the floor. Roll top hip slightly forwards, use top arm to support you in front.

Lift lower leg 10cm from the floor keeping toes pointed forwards. Return to starting position.

Repeat 10 times.



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Stand sideways on a small step with support for balance. Allow outside leg to hang free over the edge of the step.

Turn your foot inwards and outwards keeping your toes in line with your kneecap. Feel the muscles in the hip working.

Repeat 10 times.



## Personal exercise programme - Harder exercises

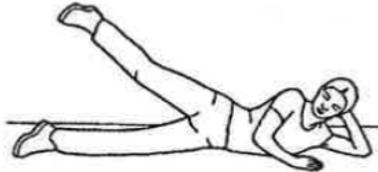


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Lie on your back with knees bent.

Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat 10 times.

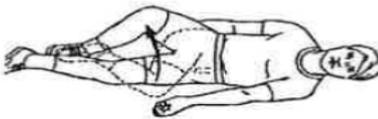


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Lie on your side supporting yourself on your elbow. Roll top hip forwards and bend your knee.

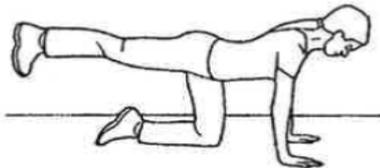
Lift your leg up and backwards. Return to starting position.

Repeat 10 times.



Lie on your side with top knee bent as shown. Lift top leg. Hold for a few seconds. Repeat 10 times.

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Get into a crawling position on your hands and knees.

Alternately lift your right and left leg straight back and then return it to starting position.

Repeat 10 times.

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Stand against a wall with feet away from the wall and knees slightly bent. Place a ball between your knees.

Squeeze the ball between your knees and release.

Repeat 10 times.



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Sit on the floor with your legs bent, feet on the floor and your forearm supported between your knees.

Squeeze your knees together. Hold for 5 seconds.

Repeat 10 times.







