

Painful hips

Physical activity

If you have painful hips you need physical activity for at least 30 minutes a day. This can be broken up into shorter sessions. Choose activities you like doing and can manage. A few times a week it's a good thing if the activity lasts at least 20 to 30 minutes, and makes you breathless, for fitness' sake. The upper limit for physical activity is to avoid activity that gives more pain the next day. Activity in moderation.

Standing on one leg

Train muscles, stability and balance by standing on one leg without holding onto anything, directly on the floor or, if that is too easy, on foam rubber or something else that 'gives'. If you use walking aids you must practice standing on one leg to stop the muscles in your seat from getting weak.

Don't sit for longer than 20 minutes at a time.

Lying on your stomach

Lying on one's stomach for 20-30 minutes a day can give pain relief. If this is hard, start with a few minutes and increase successively.



Hip mobility

To manage everyday life, for example putting on and taking off socks or stockings, or getting into and out of a car, it is important for you to maintain or improve your hip mobility. Do these five exercises once a day with both legs. Stay in the extreme position for 30 seconds, relax somewhat and then try to move a tiny bit further. Do not exercise more than once a day, your tissues are sensitive. After 4-5 weeks you'll notice that you can move more and that it feels easier. If you have no discomfort in the most extended position and can move as far as on the non-painful side, you do not need to train every day, just check once in a while.

NOTE!

These exercises do not apply to people who have had hip operations.

1



Sit or lie down. Pull up one knee towards the opposite shoulder, 30 seconds for each leg.

Spread your legs while sitting or lying down, 30 seconds.

3



Sit with your legs crossed. Try also to put one foot on the opposite thigh.



4



Take one step backwards to extend your groin. Let it stretch in that position, 30 seconds for each leg. Extend your paces when you are walking.

2



5

Stand still with your feet pointing straight forwards. Twist your trunk at the hips, first to the right and then to the left, 30 seconds in each direction.



To find out more about hip complaints including osteoarthritis, ask a physiotherapist for the nearest Supported Osteoarthritis Self-Management Programme, www.boa.registercentrum.se

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