

Program 2

6 exercises. 3 times a week. For 8 weeks.

EXERCISE 1: Sit to Stand

EXERCISE 2: Step Up

EXERCISE 3: Standing Wall Push

EXERCISE 4: Standing Knee Raises

EXERCISE 5: Split Leg Bridge

EXERCISE 6: Standing adduction with band

How many? Do each exercise 10 times. Repeat 3 times (total 30).
Rest for 2 minutes after each 10.

How often? Do the 6 exercises, 3 times each week.

Week 1: Do each exercise with no ankle weight.

Week 2 - 8: Tailor each exercise to your strength and ability.
To get stronger each exercise should feel hard. Follow the instructions:



How to increase the exercise challenge

- ▶ Use the 'How hard am I working?' table to identify how challenging each exercise feels (on the next page).
- ▶ In Program 2 aim for each exercise to feel HARD.
This should feel like 5-6 out of 10 (if 10 is as hard as it could possibly feel).
You should feel like you're pushing yourself a bit.
- ▶ If an exercise feels easier, make it harder.
Each exercise has instructions of how to increase the challenge.



When not to increase the exercise challenge

- If it's hard to perform with good technique.
Good technique = slow and keeping your balance.
- You're already exercising HARD (an effort of 5-6 out of 10)
- You have increased hip pain and swelling lasting more than one day after the exercise.



If you experience increased pain while exercising, visit the My Hip Strength page on the website and find the tab: 'Managing exercise pain'

Or, you can find it via the link here: <https://myhipexercise.org.au/my-hip-strength/#tab-a20ff72ea4c194a52ec>



How hard am I working?

Rate by number	How hard is it?	How you feel when you're...
0	Resting	sitting or simply standing
1	Very, very easy	
2	Easy	
3	Moderate	walking or exercising lightly
4	Somewhat hard	
5	Hard	pushing yourself a bit
6	Hard	
7	Very hard	challenging yourself
8	Very hard	
9	Very, very hard	
10	Maximum	working as hard as you possibly can

Program 2 aim

Each exercise should feel HARD to do.

When an exercise feels easier, increase the challenge so it feels hard again.

Some exercises are harder than others. So, the challenge will increase for each exercise at different times.

To watch videos of each exercise, go to the website: www.myhipexercise.org.au/program-2

EXERCISE 1: Sit to Stand



Starting position:

Sit on a firm, stable chair. Place the chair back against a wall for support if needed. Place your feet shoulder width apart.

The exercise:

Slowly stand with your hands crossed over your shoulders, or resting on your lap.

Start by leaning forward bringing your nose over your toes.

As you lift up from the chair, push through the heels and straighten your legs until you are standing completely straight.

Sit back down slowly.

During the exercise:

Keep your knees in line with your toes.



Increase the challenge:

1. Addition of resistance band around your knees. Push your knees out against the resistance band, trying not to let them collapse in during the exercise.
2. Half way holds: Hold for 3 seconds at the halfway point of the exercise while going up and/or down.
3. Use a lower chair
4. Hold a weight

Make it easier:

1. Higher seat

EXERCISE 2: Step Up



Starting position:

Stand in front of a stair or step.

Stay safe: Use a hand rail or other hand support for balance if required.

The exercise:

Place your arthritis leg (exercising leg) up onto the step.



When you are stable, push through your heel/ foot and bring up your other leg. Lightly touch your non-arthritis (non-exercising) leg onto the step, and step it back down slowly to the start position.

Your weight should be on your arthritis leg (exercising leg) throughout the entire exercise.

During the exercise:

Concentrate on keeping your knee positioned over your foot throughout.

Make it easier:

1. Lower step

Increase the challenge:

1. Higher step
2. Weighted. Hold weights in your hands while stepping up. Add 1 kg at a time.



EXERCISE 3: Standing Wall Push



Starting position:

Stand sideways with your non-arthritis (non-exercising) leg against a sturdy wall.

The exercise:

Stand tall, tummy and bottom in.



Lift the non-arthritis (non-exercising) leg off the floor so that your hip, thigh and knee are touching the wall.

Keeping your body still, push your non-arthritis (non-exercising) leg into the wall. Hold for 3-5 seconds.

Return your foot to the floor and rest for a few seconds.



During the exercise:

Keep your body still.

Increase the challenge:

Increase the hold time to 10 or 15 seconds.

EXERCISE 4: Standing Knee Raises (add weight)



Starting position:

Stand tall with your legs shoulder width apart.

Stay safe: Use a stable chair or table for balance.



The exercise:

Standing tall and strong, bend your exercising leg so that your thigh is parallel to the ground (or lower if too uncomfortable).

Slowly lower your leg back down. Lightly touch your foot to the ground before repeating again.

During the exercise:

Progressively build speed while keeping all the movement at the hip joint. Your body (trunk and pelvis) should not rock and forth during this exercise.

Make it easier:

Remove weight

Increase the challenge:

Increase weight 1 kg at a time.

EXERCISE 5: Split Leg Bridge



Starting position:

Lie on your back with your knees bent and your feet flat on the floor/firm bed.

Place your feet hip-width apart.

Move your arthritis leg (exercising leg) slightly closer to your bottom and slightly in towards the center.



The exercise:

Keep your feet in the starting position.

Your arthritis leg (exercising leg) should be closer to your bottom and your non- arthritis leg slightly further away.

Lift your bottom.

Take more weight through your arthritis leg (exercising leg).

Hold for 3 seconds.

Then slowly lower your bottom down to floor/bed.

During the exercise:

Keep your hips level.

Make it easier:

1. Return to even stance bridge.

Increase the challenge:

1. Weighted: Add a weight over your hips/pelvis. Add 1 kg at a time.

EXERCISE 6: Standing Adduction with Band



Starting position:

Tie the resistance band to a stable support and loop it around the ankle of your arthritis leg (exercising leg) as shown.

Step away from the support to create some tension in the resistance band.

The non-arthritis leg (non-exercising leg) should stay still during the exercise.

Stand up straight.

Stay safe: use a chair or table for balance as required.



The exercise:

Standing tall and keeping your belly drawn in, slowly move the leg with the band around it (the exercising leg) to your midline, pulling against the resistance band.

Keep all your body weight supported on your non-arthritis leg (non-exercising leg).

Slowly return your leg to the starting position.

During the exercise:

Keep your body facing forwards (at right angles to the band) throughout the exercise.

Increase the challenge:

Add more resistance: increase the band strength.