

### Program 3

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

EXERCISE 1: Split Leg Sit to Stand

EXERCISE 2: Backward Step Downs

EXERCISE 3: Lunges

EXERCISE 4: Standing Side Raises

EXERCISE 5: Step Up

EXERCISE 6: Double to Single Leg Bridge

**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 3 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 3 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-3](http://www.myhipexercise.org.au/program-3)

## EXERCISE 1: Split Leg Sit to Stand



### Starting position:

Sit in a firm, stable chair. Place the chair back against a wall for support if needed.

Place your feet shoulder width apart.

Take more weight on your arthritis leg (exercising leg) by placing the non-arthritis leg (non-exercising leg) further forward. Your arthritis leg (exercising leg) should be slightly closer to you.



### The exercise:

Push through the heel of the leg closest to you and slowly stand up from the chair without using your hands.

Try to have more than half of your body weight on the leg closest to you throughout the entire exercise.

Slowly return to sitting.

### During the exercise:

Keep your knee in line with your foot.

### Increase the challenge:

1. Use a lower chair.
2. Add weights. Hold a weight to your chest with both hands. Add 1 kg at a time.

### Make it easier:

1. Higher seat.
2. Don't use a split leg position. Instead continue with Exercise 1: Sit to stand from Program Two.



## EXERCISE 2: Backwards Step Downs



### 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:

Slowly bend your arthritis leg (exercising leg). Slightly sit your buttocks back and lean forward.

Lightly touch the foot of the other leg to the ground.

Push back up, straightening the leg on the step to return to the starting position.

### During the exercise:

Make sure the knee on the study leg side is not bending/drifting in or out.



### Make it easier:

1. Use a lower step
2. Do the exercise without the step and instead stand with both feet on the ground. Slightly bend your arthritis leg (exercising leg) and tap the foot of the other leg behind you.

### Increase the challenge:

1. Use a higher step
2. Add weight. Hold weights in your hands while stepping up. Add 1 kg at a time.
3. Add weight. Place an ankle weight on the moving leg (the leg that taps behind you)

## EXERCISE 3: Lunges



### Starting position:

Stand with your feet shoulder-width apart and your arms either by your side or resting on your hips.

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### The exercise:

Take a large step forward with your arthritis leg (exercising leg).

Lower your hips down, bending your hips and knees to about 90 degrees.

Push back up and step back to return to the starting position.



### During the exercise:

Keep your upper body upright, and don't let the knee that's forward drift in or out.

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### Increase the challenge:

1. Add weight. Hold a weight in both hands during the exercise. Add 1kg at a time.

## EXERCISE 4: Standing Side Leg Raises (with resistance band)



### Starting position:

Face forwards and keep your back straight. Loop your resistance band around your ankles.

Stay safe: Use the back of a chair or a wall for balance.

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### The exercise:

Stand tall, keeping your back straight. Lift your arthritis leg (exercising leg) out a small way to the side, leading with the heel.

Hold for 1- 3 seconds and then lower slowly.

### During the exercise:

Try not to tilt to the side.

Don't twist as this will mean the wrong muscles are being exercised.

Keep your knees straight and your toes pointing forward.

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### Make it easier:

1. Do the exercise without the band.

### Try something else:

If this exercise doesn't work for you, return to Exercise 3: Side leg slide from Program One.



## EXERCISE 5: 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.

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### The exercise:

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

When you are stable, push through your heel/ foot and slowly bring up your other leg. Lightly touch this leg onto the step and then slowly return the leg to the start position.

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



### During the exercise:

Concentrate on keeping your knee positioned over your foot throughout.

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### Make it easier:

1. Use a lower step.

### Increase the challenge:

1. Use a higher step.
2. Add weight. Hold weights in both hands during the exercise. Add 1 kg at a time.



## EXERCISE 5: Double to Single Leg Bridge



### Starting position:

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



### The exercise:

Gently squeeze your buttock muscles, tuck your tailbone under and lift your hips and buttocks from the bed.

Keeping your hips level, lift your non-arthritis leg (non-exercising leg) off the floor/bed.

Hold for 3 seconds.

Then place the leg/foot back on the bed.



Slowly lower bottom back down to floor/bed.

### During the exercise:

Keep your hips level.

### Make it easier:

1. Don't lift the leg and continue with Exercise 5: Split leg bridge from Program Two.
2. Or don't lift the leg and continue with Exercise 5: Bridge from Program One.

### Try something else:

If this exercise doesn't work for you, we recommend you pick an exercise you prefer from one of the three My Hip Exercise programs and do that exercise instead of this one.