

1



Walking Warm-Ups (Side Step, Crossover Step, Long Stride)

Walk each of the following patterns for 20 yards:

- Side Step (with knees slightly unlocked)
- Crossover step (cross one foot in front of the other as you walk sideways. Keep your toes pointed straight ahead)
- Long stride (Take a long step. Make sure your back foot stays pointed straight ahead.)

2



Gravity Drop

Stand with balls of feet on a 3" high block with feet shoulder width apart, toes straight ahead and heels on the floor. Stick your chest out. Feel the stretch in the back of your legs. Hold this position for 30 seconds. Repeat 3 times.

3



Pulley Mid Row (Stride Stance)

Stand in stride stance facing pulley. With left leg forward and right leg behind. Full weight on left leg, toe touch for balance on the right. With pulley in right hand; squat and turn as pulley guides you forward until right elbow is straight. Perform 2 x 12 repetitions. Repeat with your right leg forward.

4



Hurdle Stepper

Stand on one leg with toes pointed straight ahead and knee unlocked beside a 6" object. While maintaining a level pelvis, tap your opposite in front of and behind the object. You should feel this working the outside muscles of the hip you are standing on. Perform 3 x 20 repetitions.

5



Anterior Cone Touch

Stand on one leg with toes pointed straight ahead and knee unlocked approximately 18" behind a cone. Hinge at your hip as you reach forward with both hands and lightly touch the cone. Return to the starting position. You may lightly place your opposite leg on the floor behind you for balance. Perform 3 x 12 repetitions.

6



Triangle

Stand with your feet 3-4' apart, toes pointed straight ahead, and arms out to a "T". Keeping your belly facing forward, inhale and turn your right foot 90°. Exhale and bring your right hand towards the right foot while the left hand points up towards the ceiling. Inhale and look up towards the ceiling. Take 5 deep breaths in this position and return to the upright position. Repeat to the left side.

What is Hip Osteoarthritis?

Osteoarthritis is a degenerative disease that can affect any joint in your body, including your hips. Over time, wear and tear, prolonged inactivity, previous falls, or other factors, the cartilage that cushions your joints starts to break down. Without cartilage, your bones can rub together when you move.

The Why Behind the What

Exercise #1 - Walking Warm-Up

This exercise is great to warm-up hips and ankles in all 3 planes of motion. Be sure to keep your feet pointed straight during the entire exercise set to ensure proper stretching.

Exercise #2 - Gravity Drop

This exercise is a great stretch for the hamstrings and calf muscles. If the hamstrings are tight, they make movement at the hips more difficult and cause the forces to be moved to the lower back, where injury can occur.

Exercise #3 - Pulley Mid Row (Stride Stance)

This row helps correct poor posture and strengthens the muscles in the upper back. It also improves rotation in the upper spine. This also helps to teach the body not to twist at the lower back, where rotation is limited.

The Common Causes of Hip Osteoarthritis

In most cases, prolonged abnormal body mechanics, functional leg length discrepancy, and muscle imbalances in the hip can increase the onset of osteoarthritis.

Exercise #4 - Hurdle Stepper

The stepper works the hip abductors on the outside of the hip on the stance leg. It also helps with balance and ankle mobility. This will help to correct the muscular imbalance that is irritating the bursa at the hip.

Exercise #5 - Anterior Cone Touch (Both Hands)

This is a great way to both stretch the hamstrings and work the gluteus maximus at the same time. It also strengthens the hip abductors, which will work to stabilize your pelvis throughout the exercise. You should feel this exercise in your glutes! Make sure your knee is unlocked and directly over your foot, and keep your back straight to get the most out of this exercise.

Exercise #6 - Triangle

The triangle pose improves flexibility of the innermost hamstring on the front leg, while stretching the muscles in the lower back. It also encourages rotation and extension in the upper spine, which many people lose due to poor posture.