

Vanderbilt Sports Medicine

KNEE OSTEOARTHRITIS Hip Strengthening



Side-lying straight leg raise (abduction): Lie on uninvolved side. Keeping knee straight, raise involved leg upward. Cuff weights are for progression.



Prone (face down) leg extension: Lying face down on stomach, keep legs straight. Lift involved leg upward, keeping hips on the table. Cuff weights are for progression.



Side-lying straight leg raise: Lie on involved side, bend the uninvolved leg. Keeping knee straight, raise involved leg upward. Cuff weights are for progression.

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Seated hip flexion (raise). On a table or in a chair, start with feet flat on the floor. Raise involved leg straight upward to a pain-free height. Cuff weights are for progression.



Seated Hip Adduction Machine: Adjust both legs outward to a comfortable range. Pull both legs inward and then slowly back outward.



Seated Hip Abduction Machine: Adjust both legs inward to a comfortable range. Push both legs outward to a comfortable range.