

KNEE OSTEOARTHRITIS Hip Strengthening



Standing hip extension (back) with theraband resistance: Attach theraband to a secure object at ankle level. With theraband around ankle of the involved leg, pull leg straight backward.



Standing hip abduction (away) with theraband resistance: Attach theraband to a secure object at ankle level. With theraband around involved leg, pull leg away, moving outward.



Standing hip flexion (forward) with theraband resistance: Attach theraband to a secure object at ankle level. With theraband around involved leg, pull forward keeping leg straight.



Standing hip adduction (inward) with theraband resistance: Attach theraband to a secure object at ankle level. With theraband around involved leg, pull leg inward.



Seated to standing: Start seated in a chair with your back straight and knees bent at 90 degrees. With knees bent and chest upright, stand straight up. Focus on not leaning forward.