

exercise 1
Sitting astride a chair

Why is this exercise useful?

- To keep the possibility of opening up your hips which has become difficult because of pain.

How do you do the exercise correctly?

- Sitting astride a chair, upper body as straight as possible. In the beginning, sit on the edge with hips only slightly open.
- Hold the position for 10 to 15 minutes.
- Gradually move towards the back of the chair and your hips will slowly open.

• **TIP**
Keep another chair (or table) at hand to hold on to when getting up.



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exercise 2
Morning stiffness

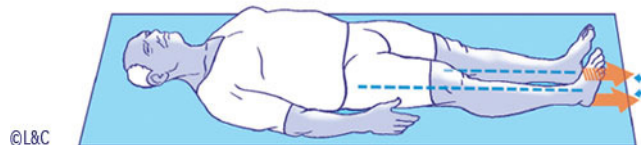
Why is this exercise useful?

- Relaxes and unlocks the hip joint in the morning.

How do you do the exercise correctly?

- Before getting out of bed in the morning, lie on your back, legs straight.
- Push towards the end of the bed alternating between your right heel and your left heel.

• **TIP**
Keep your legs stretched out and slowly stretch them like a cat stretching in the morning.



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exercise 3
Maintaining flexion

Why is this exercise useful?

- To recover full hip flexion.

How do you do the exercise correctly?

- Lie down on a firm bed or sofa.
- Bring one knee to your chest using your hands and bending your elbows; the other leg should remain stretched out.
- During flexion, breathe out pulling in your tummy.
- Simply extend your elbows to go back.

• **TIP**
If it is painful to bend your knee, put your hands or a strap (or scarf) under your thigh to support your knee.



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movement 4
Strengthening the gluteal muscles

Why is this exercise useful?

- Strengthens and keeps the muscles of the gluteus maximus well toned.

How do you do the exercise correctly?

- In a lying position, bend one of your legs (knee bent and foot on the ground) while the other remains stretched out.
- Exert pressure to drive the heel of your extended leg into the ground.

• **TIP**
The movement is done without lifting the pelvis and the effort is felt in the gluteal muscles.



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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.
Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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