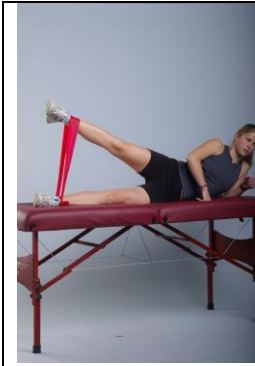


OA Rehab Protocol Week 1



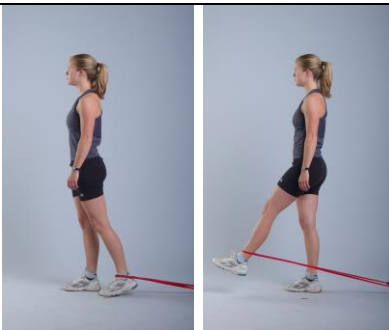
Hip Abductor Strengthening - Sidelying II

Lying on your side, with theraband between ankles (or knees for less resistance).

Move involved leg upwards, keeping knee straight.

2 seconds out and 2 seconds in, control the motion throughout.

3 sets :10 reps



Hip Flexor Strengthening - Standing

Place opposite foot beside band

Move involved leg forward, keeping knee straight or with slight “soft knee”.

2 seconds out and 2 seconds in, control the motion throughout.

3 sets: 10 reps



Hip External Rotator Strengthening - Seated

In seated position, move leg outwards and return to starting position slowly.

Keep knees together.

2 seconds out and 2 seconds in, control the motion throughout.

3 sets; 10 reps

Sunday

Monday

Tuesday

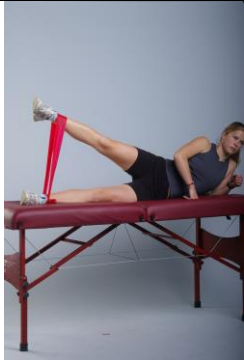
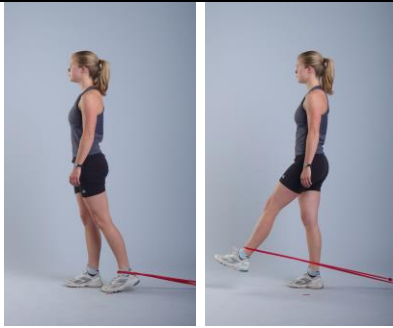


Wednesday

Thursday

Friday

Saturday

OA Rehab Protocol Week 2

	<p>Hip Abductor Strengthening - Sidelying II</p> <p>Lying on your side, with theraband between ankles (or knees for less resistance).</p> <p>Move involved leg upwards, keeping knee straight.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: 15 reps</p>
	<p>Hip Flexor Strengthening - Standing</p> <p>Place opposite foot beside band</p> <p>Move involved leg forward, keeping knee straight or with slight “soft knee”.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: 15 reps</p>
	<p>Hip External Rotator Strengthening - Seated</p> <p>In seated position, move leg outwards and return to starting position slowly.</p> <p>Keep knees together.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets; 15 reps</p>
	<p>Core Stability - Two leg balancing</p> <p>Standing on Airex pad with both feet.</p> <p>Perform balancing for 30 second intervals. Repeat 3 times.</p> <p>Use light touch on a wall initially to help balance.</p> <p>3 sets: 30 sec</p>

Sunday

Monday

Tuesday








Wednesday

Thursday

Friday

Saturday

OA Rehab Protocol Week 3

		<p>Hip Abductor Strengthening - Standing</p> <p>Place opposite foot behind band</p> <p>Move involved leg outward, keeping knee straight.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: __ reps _____ band</p>
		<p>Hip Flexor Strengthening - Standing</p> <p>Place opposite foot beside band</p> <p>Move involved leg forward, keeping knee straight or with slight “soft knee”.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: __ reps _____ band</p>
		<p>Hip External Rotator Strengthening - Seated</p> <p>In seated position, move leg outwards and return to starting position slowly.</p> <p>Keep knees together.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: __ reps _____ band</p>
		<p>Core Stability - Two leg balancing</p> <p>Standing on Airex pad with both feet.</p> <p>Perform balancing for 45 second intervals. Repeat 3 times.</p> <p>Use light touch on a wall initially to help balance.</p> <p>3 sets: 45 sec</p>

Sunday

Monday

Tuesday


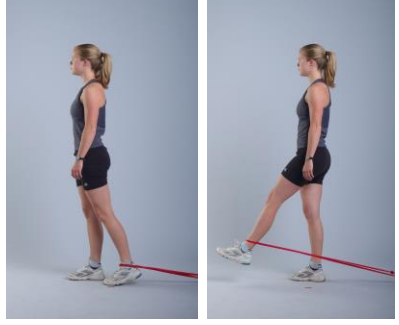

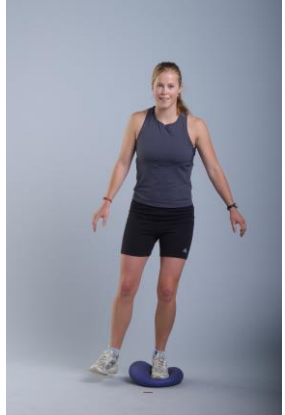
Wednesday

Thursday

Friday

Saturday

OA Rehab Protocol Week 4-6

	<p>Hip Abductor Strengthening - Standing</p> <p>Place opposite foot behind band</p> <p>Move involved leg outward, keeping knee straight.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: __ reps _____ band</p>
	<p>Hip Flexor Strengthening - Standing (band above knee)</p> <p>Place opposite foot beside band</p> <p>Move involved leg forward, keeping knee straight or with slight “soft knee”.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: __ reps _____ band</p>
	<p>Hip External Rotator Strengthening - Seated</p> <p>In seated position, move leg outwards and return to starting position slowly.</p> <p>Keep knees together.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p> <p>3 sets: __ reps _____ band</p>
	<p>Core Stability - One leg balancing</p> <p>Standing on Airex pad with one foot.</p> <p>Perform balancing for 30 second intervals. Repeat 3 times. Repeat for other foot.</p> <p>Use light touch on a wall initially to help balance.</p> <p>Perform with eyes closed for more difficulty.</p> <p>Week 5: 45 sec, Week 6: 60 sec</p>

