

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

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AtikokanHospital.medbridgego.com

Access Code: **NV6Z7V3M**

Two Ways to Access



Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



Open in your browser

To access your home exercise programs.

By Accessing Online You Can

View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Clinician Notes

This handout is for general hip arthritis. No exercises should create sharp, stabbing or intense pain. Aching or discomfort may occur but should lessen over days/weeks of completing the below exercises.

Your physician may recommend only completing specific exercises in this handout specific to your diagnosis/condition.



Heat

HOLD: 30MINS | DAILY: 2 | WEEKLY: 7

Heat, sometimes called thermotherapy, can be used to help relax muscles and ease stiffness.

Never apply heat to a fresh injury, as this can cause more harm and delay healing.

You can apply heat using a heating pad, heat wrap, hot water bottle, or through a warm bath or shower. No matter which method you choose, the temperature should be “warm” rather than “hot.” Temperatures that are too high can burn your skin and do not help decrease discomfort.

When using a heating pad or hot water bottle, be sure to wrap it in a towel to protect your skin.

Be sure to occasionally check the skin beneath the heat source for irritation, and remove the heat if irritation occurs.

The length of time you should use heat depends on your injury or condition. You may experience relief after 15 or 20 minutes, or you may need to keep the heat on for longer to feel relief.

Be sure to follow any specific instructions from your healthcare provider on how to position your body when using heat, how to keep the heat on, and how many times a day you should use heat. If you have any questions about using heat, please contact your healthcare provider.



Ice

REPS: 1 | SETS: 1 | HOLD: 20MINS | DAILY: 1 | WEEKLY: 7

Icing, also called cryotherapy, is the use of cold to help ease pain and/or reduce the onset of swelling or bruising, and muscle spasms.

To apply ice, use a gel ice pack or an unopened bag of frozen vegetables, such as peas. Wrap the ice pack in a pillowcase if it does not already have a layer of cloth or fabric over it. This protects your skin and keeps the ice pack clean.

In general, using an ice pack for 10 to 20 minutes is enough to cool the tissues and decrease pain. Avoid using ice longer than 20 minutes, as this may cause damage to the skin or nerves.

Be sure to occasionally check the skin beneath the ice pack for irritation, and remove the ice if irritation occurs.

Make sure to follow any specific instructions from your healthcare provider on how to position your body when using ice, how to keep the ice on, and how many times a day you should use ice. If you have any questions about using ice, please contact your healthcare provider.



Pilates Bridge

REPS: 8 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with both legs bent and your feet resting on the ground.

Movement

Take a deep breath in. As you exhale, tighten your abdominals and lift your hips off the ground into a bridge position. Exhale and lower your hips back to the ground, then repeat. Your body should be in a straight line at the top of the movement.

Tip

Make sure your movements are slow and controlled. Do not let your hips rotate to either side as you hold the bridge position.

STEP 1



STEP 2



Bridge on Heels

REPS: 8 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and your feet resting flat on the ground.

Movement

Keeping your heels on the ground, lift your toes up. Engage your abdominals and slowly lift your hips off the floor into a bridge position. Lower back down to the ground and repeat.

Tip

Make sure to keep your abdominals engaged and do not arch your back during the exercise.

STEP 1



STEP 2



Quadruped Hip Extension Kicks

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

Movement

Lift one knee off the ground, keeping your knee bent, and push your foot toward the ceiling. Relax, then repeat this movement.

Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

STEP 1



STEP 2



Isometric Gluteus Medius at Wall

REPS: 3 | SETS: 2 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your side against a wall.

Movement

Lift your foot closest to the wall off the ground with your knee bent, and rest your arm on the wall for balance. Gently push your bent knee into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. Think of contracting the muscles in your buttocks as you push your leg into the wall.

STEP 1



STEP 2



STEP 3



Partial Lunge with Chair

REPS: 5 | SETS: 2 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position next to a chair.

Movement

Holding onto the chair as needed, take a large step forward and slowly lower your body into a mini lunge position. Return to standing and repeat.

Tip

Make sure to maintain your balance and do not let your knee move forward over your toes.

STEP 1



STEP 2



Wall Quarter Squat

REPS: 5 | SETS: 2 | HOLD: 10-20S | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright in front of a wall.

Movement

Lean back into a squat against the wall with your knees bent to 45 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



Hip Hinge Rock Back

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours.

Movement

Exhale as you sit your hips backward toward your heels, inhale as you return to the starting position and repeat.

Tip

Make sure to engage your abdominals and keep your hips level. Try to synchronize your breath with the movement.

STEP 1



STEP 2



Sidelying Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4

Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Side Step Down with Counter Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4

Setup

Begin in a standing upright position on a small step or platform with your hands resting on a counter in front of you.

Movement

Slowly lower one foot off the side of the step, lightly touching the ground, then return to the starting position. Repeat with the opposite leg.

Tip

Make sure to maintain an upright posture and do not let the knee of your stance leg collapse inward. Use the counter to help you balance as needed.

STEP 1



STEP 2



Backward Step Down with Unilateral Counter Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4

Setup

Begin in a standing upright position on a small step or platform with one hand resting on a counter.

Movement

Slowly step one foot backward off the step and lightly touch the ground, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and do not let the knee of your stance leg collapse inward. Use the counter to help you balance as needed.

STEP 1



STEP 2



Side Lunge with Counter Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4

Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

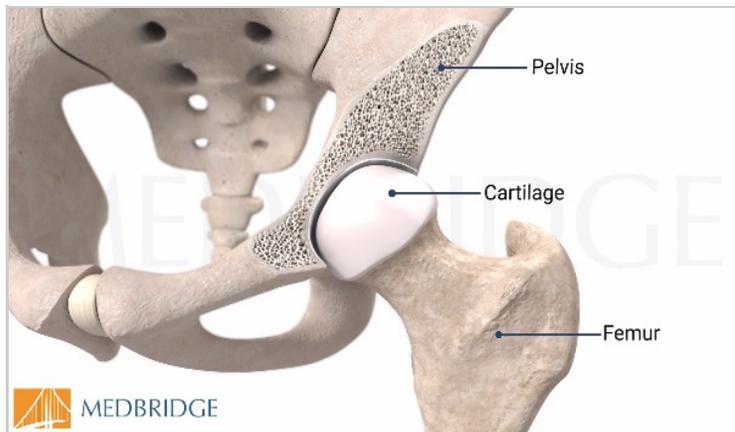
Movement

Step to the side with one leg, lowering your body into a side lunge position and keeping your other leg straight. Slowly return to the starting position and repeat.

Tip

Make sure to keep your trunk upright and use the counter to help you balance as needed. Do not let your knee collapse inward or bend forward past your toes.

Hip Osteoarthritis



Femur (Thigh Bone): Normal Cartilage



Femur (Thigh Bone): Worn Cartilage

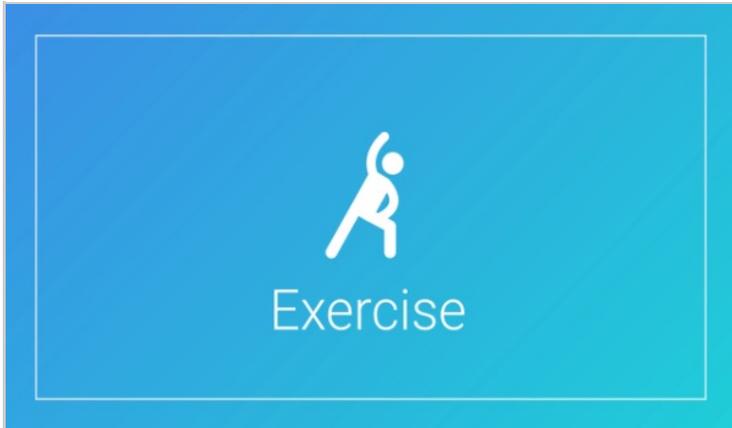
Hip osteoarthritis is often described as “wear and tear” of the hip joint. The hip is a ball and socket joint, with the ball-shaped top of the thigh bone (femur) fitting into the cup (acetabulum) on the pelvis. The surfaces in the joint have cartilage that acts as a cushion to protect the bones when you put weight on your hip.

In osteoarthritis, this cushion is worn away, and the bones may rub on each other, causing pain in the joint. As the condition worsens, bony growths called spurs can form, which can create more pain. This wear and tear often worsens with aging, and a prior injury to the hip, being overweight, or having a family history of osteoarthritis can increase your risk of developing the condition.

Hip joint pain or stiffness are common symptoms of hip joint osteoarthritis. Stiffness and limited motion are typically worse when first getting out of bed in the morning or when getting up after sitting for awhile. Your hip joint might make noises of grinding or popping. Walking may become more difficult as the condition worsens, and you may walk with a limp due to pain.

Therapy can help you with symptoms of joint stiffness, and help you strengthen and stretch the hip. You may also learn to use a cane or other device to limit the amount of limping or pain that you have with movement. You will also learn how to keep your hips healthy with a home exercise program that your therapist designs for you. If you have hip replacement surgery, therapy is needed to help you regain hip strength and movement.

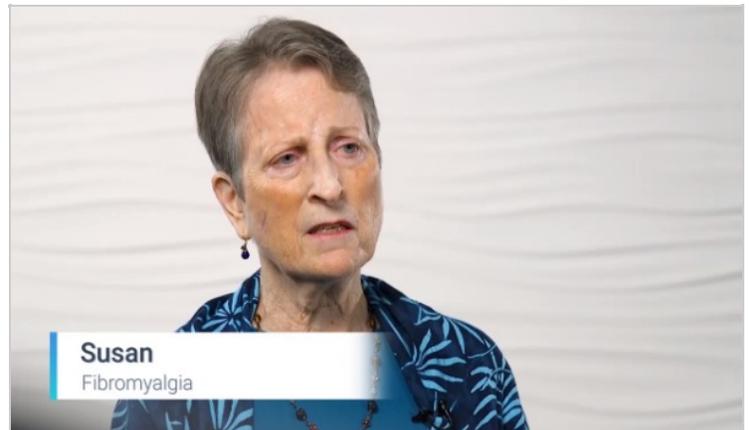
Treating Persistent Pain Without Medications: Exercise



Vivian shares how having a dog encourages her to walk every day.



Michael shares lessons he's learned about the importance of staying active even during flare ups.



Susan shares her exercise routine - she uses the treadmill, does yoga, and meditates every day.

Treating persistent pain is complex. It can be hard to find the right combination of therapies to help you feel your best. Medicines are common. But pain medicines only reduce pain by about 30% on average. Therefore, including multiple treatment approaches in your routine can help you find as much relief as possible. One option you may consider to help relieve your pain is **exercise**.

Regular exercise can reduce pain by calming your sensitive nerves. Exercise has other benefits too. Exercise can:

- Reduce soreness and fatigue
- Improve strength
- Improve sleep
- Reduce stress, anxiety, and depression, and

- Boost mood

As little as 10-20 minutes of brisk walking can be enough to get these benefits. If you haven't been active in awhile, don't try to do too much at once:

- Start with 3-4 minutes of exercise
- Add another minute every couple of days
- Work up to 15-20 minutes of exercise at a time
- Aim to get at least two and a half hours of exercise a week
- Schedule days off so you don't wear yourself out

Choose activities you enjoy. These may include walking, biking, swimming, dancing, yoga, or tai chi. You won't see progress immediately, but over time a regular, gentle exercise routine can help you become stronger, more energized, and more in control of your pain. Before starting a new exercise program, talk with your healthcare provider to discuss the specific exercises that are best for you and any precautions you may need to take.