

Boot Camp Program for Hip Osteoarthritis

Date:						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1. Walk/Swim/Bike	min	min	min	min	min	min
Stretching:						
2. Hamstring/calf stretch using belt/strap (<i>lying on your back</i>)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
3. Quadriceps stretch (<i>lying on your side</i>)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
4. Standing Calf Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
Strengthening: <i>Lying Down (back, side, stomach)</i>						
5. Straight leg raises (<i>on back</i>)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
6. Back Bridge (<i>on back</i>)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
7. Side-lying leg raises with knee bent (A)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
8. Side-lying leg raises with knee straight (B)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
9. Side-lying straight leg raise with leg 6 inches forward (A)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
10. Side-lying straight leg raise with leg 6 inches backward (B)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
11. Back leg extension with knee straight (<i>on stomach</i>) (A)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
12. Back leg extension with knee bent (<i>on stomach</i>) (B)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
<i>Sitting</i>						
13. Seated straight leg raises	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
14. Sit-to-stand	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
<i>Standing</i>						
15. Leg extension using chair	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
16. Wall squats	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
17. Standing Leg Curls	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
18. Standing heel raises – both legs (A)	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
19. Standing heel raises – single leg (B)	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
20. Standing side leg lifts	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
Step/Activity Count	steps	steps	steps	steps	steps	steps

1

WALK/SWIM/BIKE

The type and intensity of aerobic exercise will depend on your ability to weight bear and your overall fitness level. If walking increases your hip pain, then swimming and/or stationary biking may be a better option for you. Discuss with your healthcare professional which aerobic exercise is best for you.



SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Walk/Swim	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes

HAMSTRING/CALF STRETCH

2



Instructions

1. Lie on your back with your leg straight and place a belt, strap, or towel around the ball of a foot. The ball of the foot is the padded portion of your sole between the toes and the arch.
2. Keep your foot in neutral position and your leg straight then bring your leg up as high as you can. Hold this position.
3. While holding the position, slowly pull on the strap that is around your foot bring your toes towards you until you feel a stretch in your calf. Hold this position for 1 second.
4. Loosen the grip of the strap and point your toes upwards and hold for 1 second and then pull on the strap again, and repeat. Repeat with other leg.

SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Hamstring/Calf Stretch	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___

3

QUADRICEPS STRETCH

Instructions

1. Lie on your side with your bottom knee bent in front of you.
2. Grab the ankle of the top leg and pull the leg backwards without arching your back, and hold.
3. Alternatively while on your side with your bottom leg bent, place a belt/strap around the top ankle and pull the strap until you feel a stretch in the front of your thigh.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Quadriceps Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

STANDING CALF STRETCH

4

Instructions

1. Place a chair against a wall and put your hands on the back of the chair.
2. Place one foot in front of the other and keep your heels planted on the ground.
3. Slowly slide the back foot as far back as you can and then bend the front knee until you feel a pull in the calf muscle of the rear leg. Hold this position.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Calf Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

5

STRAIGHT LEG RAISE

Instructions

1. Lie on your back with one leg straight and one leg bent.
2. Slowly raise the straight leg 6 inches off the ground. Hold and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Straight Leg Raise	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

BACK BRIDGE

6

Instructions

1. Lie on your back with both knees bent and feet flat on the floor and 6 inches apart.
2. Push your buttocks off the floor until hips are straight while squeezing the buttocks together. Hold this position.
3. Slowly lower the buttocks to starting position and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Bridge	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

7

SIDE-LYING LEG RAISE A

(Knee Bent)

Instructions

1. Lie on your side with both knees bent.
2. Keeping the knee bent, raise the top leg up 12 inches, hold and repeat.

Repeat on other side.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side-Lying Leg Raise A (knee bent)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

SIDE-LYING LEG RAISE B

(Knee Straight)

8

Instructions

1. Lie on your side with the top leg straight and bottom leg bent.
 2. Keeping the top leg straight, raise the leg up 12 inches, hold and repeat.
- Repeat on other side.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side-Lying Leg Raise B (knee straight)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

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SIDE-LYING LEG RAISE A (with leg 6 inches forward)

Instructions

1. Lie on your side with your top leg straight and bottom leg bent.
2. Raise the top leg 12 inches and move it forward 6 inches. Hold this position and repeat. Repeat with other leg.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side-Lying Straight Leg Raise (leg 6" forward)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

SIDE-LYING STRAIGHT LEG RAISE B (with leg 6 inches backward)

10

Instructions

1. Lie on your side with your top leg straight and bottom leg bent.
2. Raise the top leg 12 inches and move it backwards 6 inches. Hold this position and repeat. Repeat with other leg.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side-Lying Straight Leg Raise (leg 6" backward)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

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BACK LEG EXTENSION A (knee straight)

Instructions

1. Lie face down with a pillow under your pelvis.
 2. Keeping your legs straight, lift one leg 6 inches off the floor, hold and repeat.
- Repeat with other leg.

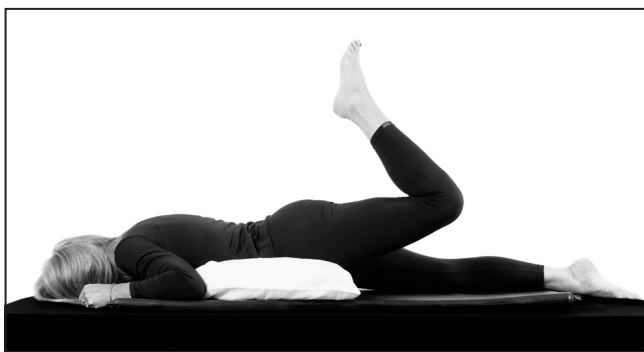


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Leg Extension (knee straight)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

BACK LEG EXTENSION B (knee bent)

12



Instructions

1. Lie face down with a pillow under your pelvis and bend one knee.
 2. Raise the bent leg 6 inches off the floor, hold and repeat.
- Repeat with other leg.

SCHEDULE

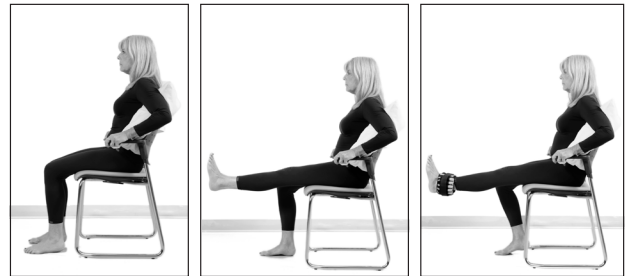
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Leg Extension (knee bent)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

13

SEATED STRAIGHT LEG RAISE

Instructions

1. Sit in a chair with both feet flat on the ground.
 2. Slowly straighten out one leg as much as you can.
 3. Holding that position. If possible bring the straight leg up 1-2 inches off the chair, hold and repeat.
 4. Repeat with other leg.
- Put on an ankle weight for added resistance.



SCHEDULE

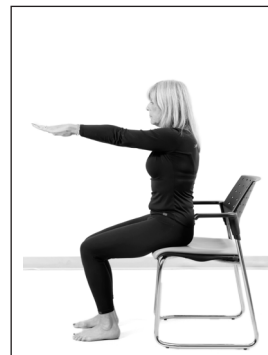
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Seated Straight Leg Raise	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

SIT-TO-STAND

14

Instructions

1. Sit at the edge of a chair with your legs shoulder-width apart.
2. Place your arms out in front of you (or if you need help getting up place hands on the arm rests of the chair).
3. Keep your back straight, head looking straight ahead, and slightly lean your body forward hinging at the hip while slowly lift your buttocks off the chair until knees almost straight.
4. Slowly direct the buttocks backwards towards the back of the chair while placing your weight on the heels of your feet. Gradually and slowly (for the hold count) drop the buttocks towards the seat of the chair. Then sit down into starting position.



SCHEDULE

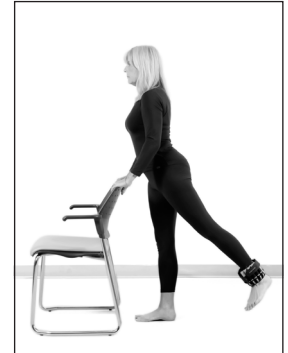
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sit-to-Stand	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

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LEG EXTENSION

Instructions

1. Place a chair against a wall and put your hands on the backrest.
 2. Keeping the legs straight, extend one leg backwards and lift the foot 6-10 inches off the floor, hold for one second and repeat.
 3. Repeat with other leg.
- Put on an ankle weight for added resistance.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Leg Extension	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____

WALL SQUATS

16



Instructions

1. Stand with your back against a wall.
2. Keeping your back on the wall, place your feet about 6-12 inches from the wall.
3. Slowly slide down the wall (as if to sit) while keeping your back and head on the wall.
4. Lower yourself until your knees are at 90 degrees, or less if painful or uncomfortable. Hold this position for one second then slowly slide back up to starting position, and repeat.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Wall Squats	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

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STANDING LEG CURLS

Instructions

1. Place a chair against a wall and put your hands on the backrest.
2. Bend one knee and try to bring the heel towards your buttock as much as possible. Hold for one second and repeat.
3. Repeat with other leg.
Put on ankle weight for more resistance.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Leg Curls	repeat __ sets__	repeat __ sets__	repeat __ sets__	repeat __ sets__	repeat __ sets__	repeat __ sets__

STANDING HEEL RAISES (both legs)

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Instructions

1. Place a chair against a wall and put your hands on the backrest.
2. Keeping your knees straight, raise your heels up as far as you can.
3. Hold this position for one second then slowly lower your heels and repeat.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Heel Raises (both legs)	repeat __ sets__	repeat __ sets__	repeat __ sets__	repeat __ sets__	repeat __ sets__	repeat __ sets__

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STANDING HEEL RAISES (single leg)

Instructions

1. Place a chair against a wall and put your hands on the backrest.
2. Bend one knee and bring the foot off the ground.
3. Keeping the other leg straight, raise the heel off the floor as far as you can.
4. Hold this position for one second then slowly lower your heel and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Heel Raises (single leg)	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

STANDING SIDE LEG LIFTS

20



Instructions

1. Place a chair against a wall and put your hands on the back rest.
2. Keeping both knees straight, lift one leg to the side as far out as you can. Hold this position for one second and repeat. Repeat with other leg. Put on an ankle weight for added resistance.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Side Leg Lifts	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____