

This leaflet provides useful information on suitable activities to keep children with Perthes active, and their muscles strong and flexible.

Advice on exercise

It is important to keep active, to keep muscles strong and keep the hip joint moving. In order to protect your hip and reduce the chance of increasing your pain, you need to avoid any ‘high impact’ sports/activities, but it is good to do ‘low impact’ activities.

Things to avoid:

- Running or sports involving running.
- Jumping.

Good activities to do:

- Swimming.
- Cycling (unless otherwise instructed by your physiotherapist or doctor).
- You may or may not be able to do PE at school depending on what the activity is.

Exercise 1:

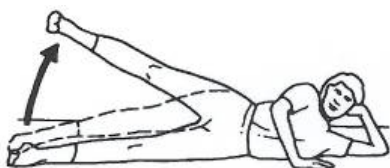


On your hands and knees, slowly reach out with one arm, then stretch the opposite leg behind you and balance.

Hold for up to 10 seconds.

Repeat 5 times on each side.

Exercise 2:



Lie on your side, supporting yourself on your elbow. Roll your top hip slightly forward, use your top arm to support you in front.

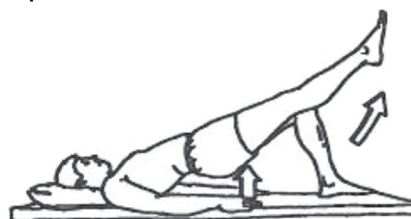
Keeping your top leg straight, lift your leg towards the ceiling. Keep it in line with the rest of your body and point your toes forwards. Repeat 10 times.

Exercise 3:



Lie on your back with knees bent and feet on the floor. Lift your bottom off the floor, hold for 10 seconds and lower down slowly.

Repeat 10 times.



If this becomes easy, progress to stretching one leg out when your bottom is lifted, and lowering it again before you come down.

Repeat 10 times on each side.

Exercise 4:



Standing, lift your good leg up and try to balance on your other leg for as long as possible, up to 1 minute.
If this becomes easy, try standing on a cushion.

References:

1. Physio tools, version 3.066, 12th November 2003 silver level
2. J. Adams, D. Hamblen (1995) Outline of orthopaedics, 12th ed. Singapore, 312-316 Longman Singapore Publishers Ltd.

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