



# Perthes – Range of movement exercise plan

This leaflet provides useful information on suitable activities to keep children with Perthes active 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.

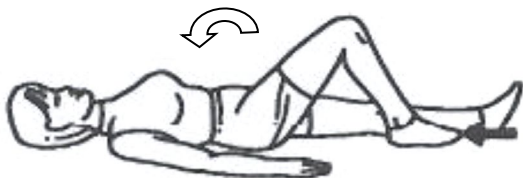
## Things to avoid:

- 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:



Lying on your back, bend your knee up to your chest and then straighten your leg. Repeat 10 times.

### Exercise 2:



Lying on your back, take your leg out to the side as far as possible and then back into the middle. Repeat 10 times.

### Exercise 3:



Lying with your knees bent, feet flat on the floor and feet hip width apart. Turn the soles of your feet to face each other and let your knee slowly come out to the side. Keep your back flat on the floor during this exercise. Repeat 10 times.

### Exercise 4:

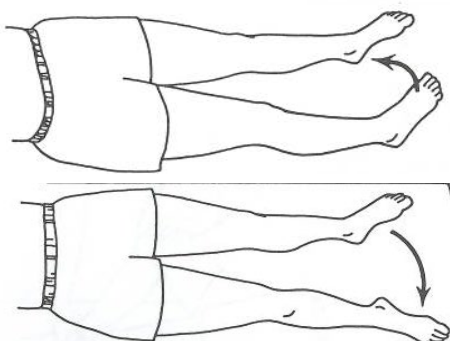


Lying face down, leaning on your elbows/forearms.  
Arch the small of your back whilst keeping your stomach/pelvis on the floor.  
Hold for 10 seconds and repeat 10 times.



As this exercise gets easier, you can progress it to going up onto your hands, making sure that you still have your stomach/ pelvis on the floor.

### Exercise 5:



Lying down, turn your leg inwards, so your toes point in. Then turn your foot out to the side making sure your leg moves at your hip as well.  
Repeat 10 times.

### References:

Therapy Skill Builders (1987) A division of Communication Skill Builders

Physio tools, version 3.066, 12<sup>th</sup> November 2003 silver level

J. Adams, D. Hamblen (1995) Outline of orthopaedics, 12<sup>th</sup> ed. Singapore, 312-316 Longman Singapore Publishers Ltd.

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RBFT Physiotherapy, December 2023. Next review due: December 2025