

1. Luxemburger Hüft- und Kniesportgruppe

What is the Luxemburger Hüft- und Kniesportgruppe?

A first group of physical activities for people with history of hip replacement was founded in 2006 by the Société pour la Recherche en Orthopédie et Médecine du Sport (SLROMS). A second group for people with knee replacement was created in 2008. The Luxemburger Hüft- und Kniesportgruppe informs the general public and patients about the interest of physical activity after hip or knee replacement or with hip or knee osteoarthritis. Physical activity sessions are offered.

Offer in the way of physical activity

The Luxemburger Hüft- und Kniesportgruppe offers weekly physical activity training sessions which are adapted to the fitness of the participants. The group aims to improve physical shape and well-being by using adapted exercises.

Types of exercises offered

The Luxemburger Hüft- und Kniesportgruppe proposes specific general gymnastics and Nordic walking. The exercises aim to improve the joint mobility, strength, coordination and the functional well-being. The intensity of the exercises and the level of difficulty are adapted to each person's capacity. All of the activities are supervised by a physiotherapist or an athletic trainer.

Who can participate?

Anyone with a history of hip or knee replacement (at least 6 months after the operation; mobility without walking aid) or who is concerned by hip or knee osteoarthritis can take part in this group.

Where and when are the sessions held?



Gymnastics

Monday
5.30 to 6.30 pm
6.30 to 7.30 pm

Sports Hall
Lycée Technique Ecole de Commerce et Gestion
Geesseknäppchen - Luxembourg



Nordic walking

Monday
5.30 - 6.30 pm
6.30 - 7.30 pm

Sports Hall
Lycée Technique Ecole de Commerce et Gestion
Geesseknäppchen - Luxembourg



Information & registration

Mrs. Danièle Schaack
Dr. Christian Nührenbörger
Clinique du Sport
CHL - Clinique d'Eich



+352 4411-7201



luxhsg@gmail.com



www.chl.lu/clinique-du-sport

What are the costs?

The mentioned activities cost 60 € per trimester for +/- 12 sessions.