

Therapeutic Exercises for Osteoarthritis of the Knee

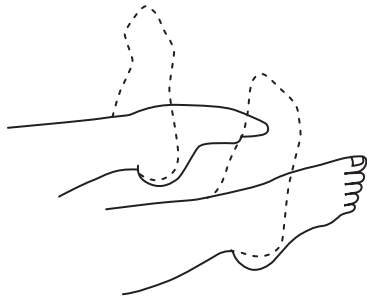
Knee exercises

Do all of these exercises **3 times a day** on your affected side.

Do each exercise **10 times**.

Ankle pumping

Move your ankles up and down.

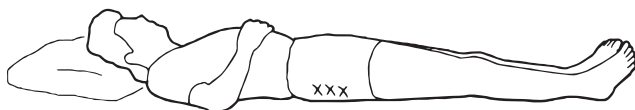


Thighs and buttocks

Keep your leg straight.

Tighten the muscles on your upper thigh and buttocks.

Hold for 5 seconds.

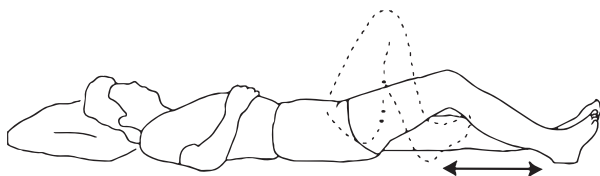


Hip and knee flexion

Lie on your back.

Bend your knee then straighten it.

Do not bend past 90°.

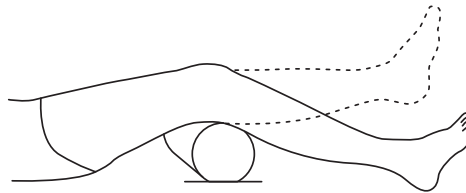


Quads over a roll

Place a roll under your knee.

Lift your foot and straighten your knee.

Hold for 3 seconds, then relax.

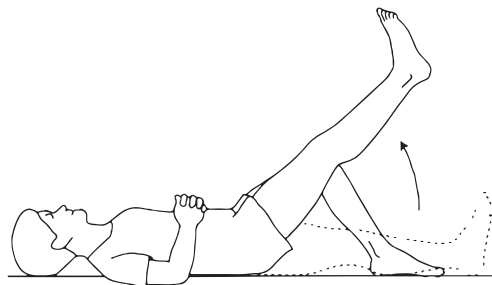


Straighten leg raise

Keep leg straight.

Lift your leg.

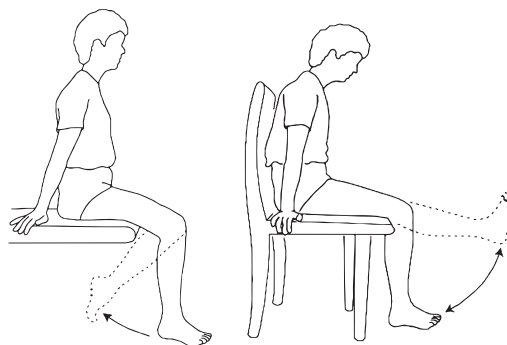
Hold for 5 seconds, and then relax.



Knee Extension

When sitting, bend your knee and pull your foot under your chair, as far as you can.

Then bring your foot forward as you straighten your knee.



Therapeutic Exercises for Osteoarthritis of the Hip and Knee

Standing leg exercises

Do all of these exercises **3 times a day** on your affected side.

Do each exercise **20 times**.

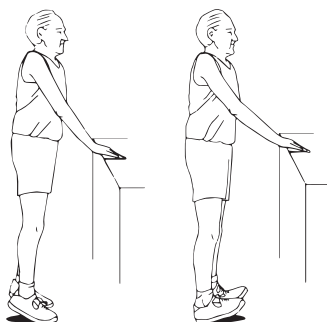
Hold onto a solid rail or kitchen counter at home when doing these exercises.

Look straight ahead when doing these exercises.

Toe ups

Gently rise up on toes, and hold for 3 seconds.

Then rock back on heels, and hold for 3 seconds.

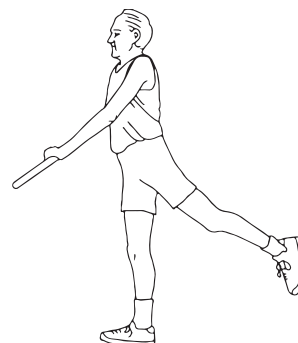


Leg-kickback

Stand straight holding onto a support.

Bring your leg backward, keeping knee straight, and hold for 3 seconds.

Do not lean forward.

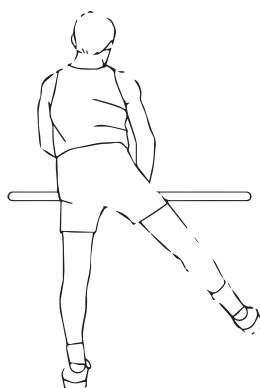


Leg-sideways lift

Stand straight holding onto a support.

Lift your leg sideways, hold for 3 seconds and bring it back.

Keep your trunk straight during this exercise.



Knee bends

Hold onto support for balance.

Slowly bend knees, and hold for 3 seconds.

Keep both feet on the floor.



Marching

Hold onto support.

Lift knee.

March on the spot.

