

# Therapeutic Exercises for Osteoarthritis of the Knee

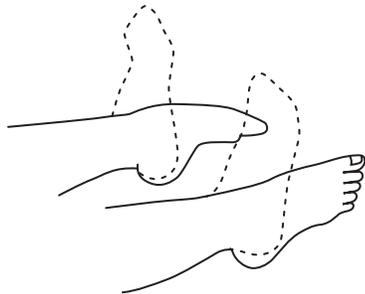
## Knee exercises

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.

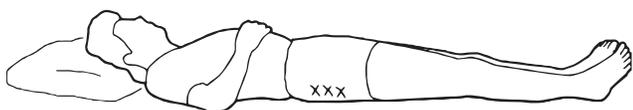


### Thighs and buttocks

Keep your leg straight.

Tighten the muscles on your upper thigh and buttocks.

Hold for 5 seconds.

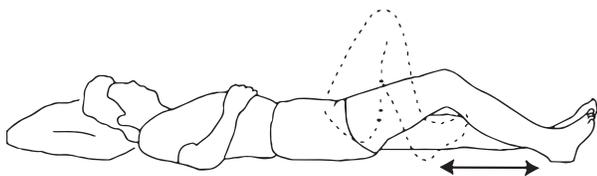


### Hip and knee flexion

Lie on your back.

Bend your knee then straighten it.

Do not bend past 90°.

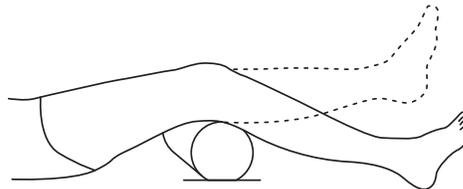


### Quads over a roll

Place a roll under your knee.

Lift your foot and straighten your knee.

Hold for 3 seconds, then relax.

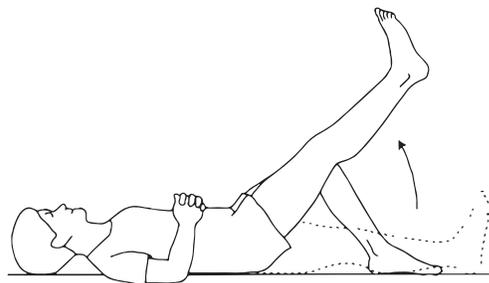


### Straighten leg raise

Keep leg straight.

Lift your leg.

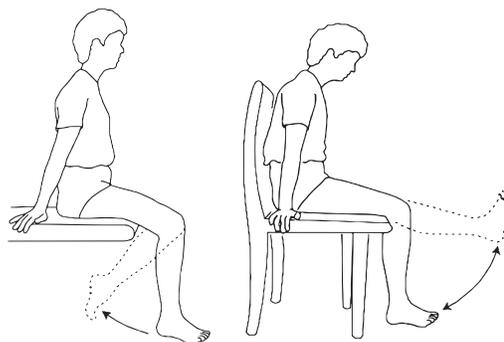
Hold for 5 seconds, and then relax.



### 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**.

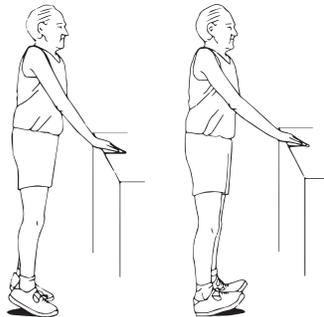
Hold onto a solid rail or kitchen counter at home when doing these exercises.

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.

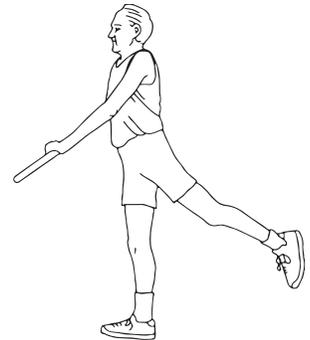


### Leg-kickback

Stand straight holding onto a support.

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

**Do not lean forward.**

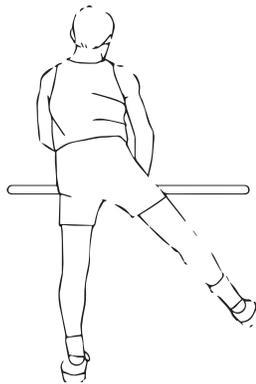


### Leg-sideways lift

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.

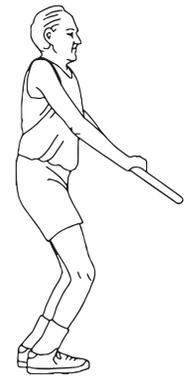


### Knee bends

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.

