

# Move Better with Arthritis: Simple Exercises for Your Hips and Knees

## Transcript

### [0:00 What is therapeutic exercise?]

*Dr. Anthony Levinson:* Therapeutic exercises for osteoarthritis of the hip and knee should target the muscles in your legs, abdomen, and back. When done correctly and regularly, these exercises can reduce your pain and improve your mobility.

Let's take a moment to explore some simple exercises recommended specifically for knee and hip OA. These exercises help you move each joint through its full range of motion. This kind of movement can help keep your joints flexible, reduce pain, and improve balance and strength. The standing exercises are designed to improve your overall strength, which will help to protect your joints.

Don't worry about writing anything down; you'll be able to download a copy of all the exercises after watching this video.

### [0:54 Knee exercises]

*Dr. Anthony Levinson:* Try these knee exercises while lying down or sitting comfortably.

- Ankle pumps: Move your ankles up and down
- Thigh & Buttock Squeeze: Keep your leg straight, tighten your upper thigh and buttock muscles, hold for 5 seconds.
- Knee Flexion: Bend and straighten your knee while lying on your back.
- Quads Over a Roll: Place a roll under your knee, lift your foot and straighten your leg. Hold for 3 seconds.
- Straight Leg Raise: Lift your straight leg off the bed or floor. Hold for 5 seconds.
- Knee Extension: While 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.

### [01:49 Hip exercises]

*Dr. Anthony Levinson:* Hip exercises include two from the knee set - ankle pumps and the thigh & buttock squeezes- plus:

- Hip & Knee Flexion - Bend your knee, then straighten it. Don't bend past 90 degrees.
- Hip Abduction - Slide your leg straight out to the side and then back. Don't cross the midline of your body.

## **[02:15 Standing exercises for strength]**

*Dr. Anthony Levinson:* Do these standing exercises daily, standing straight, holding onto a counter or rail for support, and looking straight ahead.

- Toe Ups: Gently rise up on your toes and hold for 3 seconds. Then rock back on your heels, hold for 3 seconds.
- Leg-Sideways Lift: Lift your leg sideways, hold for 3 seconds and bring it back.
- Leg Kickback: Bring your leg backward, keeping the knee straight, and hold for 3 seconds. Don't lean forward.
- Marching: Lift your knees one at a time and march in place.
- Knee Bends: Bend both knees slowly, hold for 3 seconds. Keep your feet flat on the floor.

Your goal should be to complete 10 repetitions of the knee or hip exercises on your affected side and 20 repetitions of each standing exercise, 3 times per day. However, if you are new to exercise or having a flare-up of symptoms, it's okay to do fewer reps or sets, and build up gradually.

Doing all these exercises together should take about 10-15 minutes.

## **[03:37 What is neuromuscular training?]**

*Dr. Anthony Levinson:* Neuromuscular training helps you move better in everyday life—like climbing stairs or getting up from a chair. It builds on the same movements used in therapeutic exercises but focuses on training your body to move safely and efficiently during real-life tasks. By practicing these movements, you can prevent the progression of symptoms, and reduce your pain.

One well-known program is Glad Canada, which started in Denmark in 2013 and is now offered in Canada. It combines education with tailored exercises designed specifically for people with hip or knee osteoarthritis.

After two years of results in Canada, participants reported on average, a 30% reduction in pain, an increase in their quality of life, including their ability to complete their day-to-day activities.

Other benefits included a significant decrease in Body Mass Index (or BMI), which is a convenient measurement to assess a person's body weight, faster walking speed, and improved ability to stand up from a chair repeatedly in 30 seconds.

People who joined the program reported high levels of satisfaction and increased levels of physical activity 12 months after starting.

Keep in mind, neuromuscular training programs may not be available in every community, and there may be a fee to participate. To learn more or find a location near you, visit the GLA:D Canada website.

If exercise is new to you, you should discuss this with your doctor or physiotherapist to ensure you're exercising safely. If you're unsure of what to do or how much to do, consider seeing a physiotherapist or athletic therapist who knows about osteoarthritis to gain instructions on doing movements with correct form.

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