Therapeutic Exercises for Osteoarthritis of the Knee

Knee exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ankle pumping</td>
<td>Move your ankles up and down.</td>
</tr>
<tr>
<td>Quads over a roll</td>
<td>Place a roll under your knee. Lift your foot and straighten your knee. Hold for 3 seconds, then relax.</td>
</tr>
<tr>
<td>Thighs and buttocks</td>
<td>Keep your leg straight. Tighten the muscles on your upper thigh and buttocks. Hold for 5 seconds.</td>
</tr>
<tr>
<td>Straighten leg raise</td>
<td>Keep leg straight. Lift your leg. Hold for 5 seconds, and then relax.</td>
</tr>
<tr>
<td>Hip and knee flexion</td>
<td>Lie on your back. Bend your knee then straighten it. Do not bend past 90°.</td>
</tr>
<tr>
<td>Knee Extension</td>
<td>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.</td>
</tr>
</tbody>
</table>
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.

Adapted with permission from Hamilton Health Sciences, © 2005.