



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

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What is osteoarthritis?

Osteoarthritis is a condition that affects the joints, and can cause pain and stiffness. This condition can also be known as 'age related changes' or 'wear and tear'. Pain may be felt all around the knee or just in a certain place. It might feel worse with specific movements like bending the knee or going up and down stairs.

What are the symptoms of osteoarthritis?

Typical physical signs are:

- Tenderness over the joint
- Stiffness in the morning, but does not usually last more than 30 minutes
- Creaking of the joint
- Joint swelling
- Restricted movement
- Decreased joint stability
- Weakness of thigh muscles

Top tips for managing knee osteoarthritis

1. Keep active but pace yourself – don't overdo it on 'good' days and keep moving on 'bad' days - alter your activities depending on pain levels.
2. Try to maintain a healthy weight, as it reduces excessive load on the knee and improves function.
3. Wear shoes with thick, shock-absorbing soles to cushion the impact of walking.
4. Ensure you take regular pain killers as advised by your GP to help with effective pain relief and to aid in increased function.
5. Apply a heat or ice pack to ease pain and stiffness. Ensure you protect your skin to avoid burns or irritation. Do not use ice if you have poor sensation over the area, an infected wound, Raynauds Syndrome, or Cryoglobulinaemia. A TENS machine can also be used for pain relief and reduction of stiffness.
6. Don't stay in the same position for long periods of time (e.g. sitting, lying). When you are awake, move your knee gently for 10 to 20 seconds every hour. If you are struggling to walk and need assistance, walking aids can be provided by the NHS. If you wish to purchase your own, please seek assistance in measuring to ensure the right fit.

Exercise Dosage

If you're just beginning, start with one set of 3 to 4 repetitions and work up to 8 to 10 as you get stronger. As the exercises get easier, add sets until you're up to three sets in on exercise session.



Lying on your back with one leg straight and the other leg bent (you can vary the exercise by having your foot pointing either upwards, inwards or outwards).

Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed.

Repeat _____ times with both legs.

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Sidelying. Keep the leg on the bed bent and the upper leg straight.

Lift the upper leg straight up with ankle flexed and the heel leading the movement.

Repeat _____ times.

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Sit on a chair with a cushion under your knee and a _____ kg weight around your ankle.

Pull your toes up, tighten the front of your thigh muscle and straighten your knee slowly.

Repeat _____ times

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* If you have Patello femoral OA (OA in the knee cap) kindly do this exercise with caution.



Sitting with your arms crossed.

Stand up and then sit down slowly on a chair (this can be made easier and more difficult by changing the height of the chair).

Repeat _____ times.

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Stand. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor.

Repeat _____ times.

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Stand in front of a 20 - 40 cm step.

Step up _____ times with one leg leading and then repeat with the other leg leading.

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Stand on one leg on a step facing down.

Slowly lower yourself by bending your knee to 30 degrees. Return to starting position.

Repeat _____ times

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Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Repeat _____ times.

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Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat _____ times.

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