



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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Training start date 23/01/2025

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 your 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 during one exercise session.

Isometric Knee Extension in Supine with Both Legs



Lie on your back with your knees straight.



Bend your ankles and press the back of your knees against the floor by using your front thigh muscles. At the same time squeeze your buttock muscles.

Hold the tension and then relax.

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Repeat _____ times.

Active Knee Flexion in Supine



Lie on your back, with legs straight.



Bend your knee by sliding your heel towards your buttocks and return to the starting position.

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Repeat _____ times.

Lying on your back. Bend one leg and put your foot on the bed and put a cushion under the other knee.



Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion). Hold approx. _____ secs. and slowly relax.

Repeat _____ times.

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Lying on your back with knees bent.



Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat _____ times.

Hold _____ seconds.

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Sit on a chair with a towel under one foot.



Slide the foot under the chair as far as you can. Move your knee forward keeping the sole of your foot in contact with the floor.

Hold _____ seconds.

Repeat _____ times.

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Sit on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx. _____ secs. and slowly relax your leg.

Repeat _____ times.



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Sit on a chair. Place one leg in front of the other with your knee slightly bent.

Lean forward keeping your back straight.

Hold _____ seconds.

Repeat _____ times.



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Stand.

Trial walking short distances more frequently through the day.
If required use a walking stick to reduce the load on the painful knee.
Gradually increase walking distance/time/speed.
