

Personal exercise program

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

https://bit.ly/36o67pT

To contact us: Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

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:

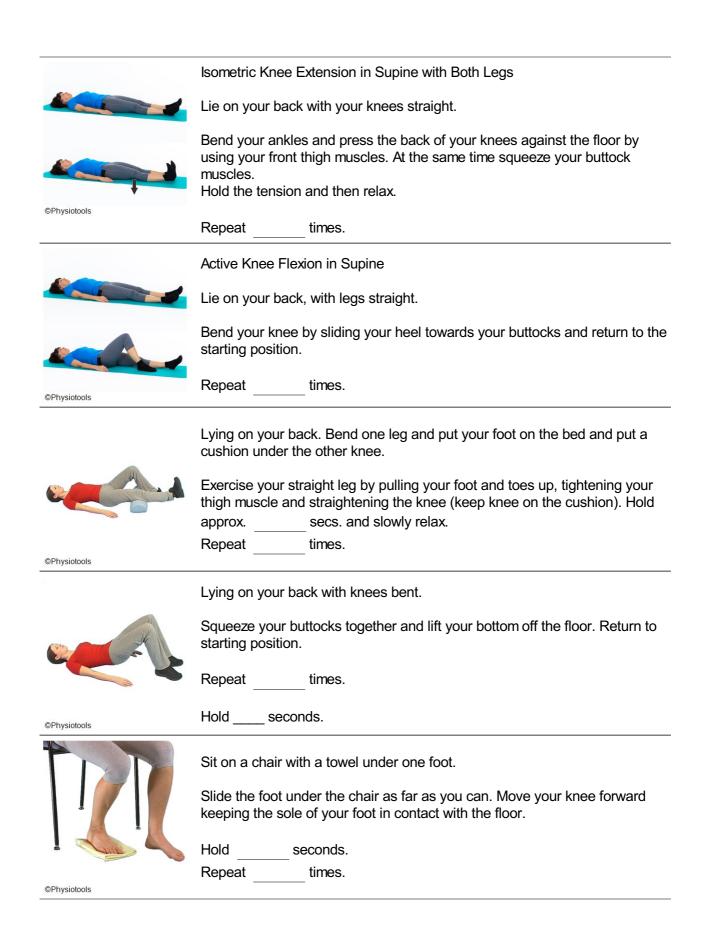
- Tenderness over the joint
- Stiffness in the morning, but does not usually last more than 30 minutes.
- Creaking of the joint
- Joint swelling
- Restricted movement
- Decreased joint stability
- Weakness of thigh muscles

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.





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.



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.



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.