

Exercise programmes for patients

Osteoarthritis of the knee

This leaflet describes exercises which are designed to improve the range of motion in your knee as well as maintaining and improving the strength of the muscles around the knee.

Follow the advice shown below – but you will probably find it easier if you use this leaflet in conjunction with the accompanying video.

STRAIGHT LEG RAISE

Step 1

Sit in good posture with your legs hanging off a bed or chair then gradually straighten up your knee



Step 2

Hold that position for five seconds



Step 3

Then bend your knee back down as far as possible and relax



Step 4

Repeat 15 times.

STATIC QUADS

Step 1

Lie down with your legs straight with the foot and kneecap facing up to the ceiling



Step 2

Gently press the knee into the floor, contracting the muscles in the front of the upper leg



Step 3

Hold that position for five seconds before relaxing



Step 4

Repeat 15 times.

STATIC QUADS WITH LEG RAISE

Step 1

This exercise can be progressed by doing static quads as described above- but raising your leg gently off the floor at the same time



Step 2

Hold that position for five seconds before relaxing



Visit online to watch a physiotherapist take you through the exercises

► www.pulsetoday.co.uk/video/exercises

Remember- if the pain persists or gets worse with exercise then stop and make an appointment to see your doctor