



5 Helpful Exercises for Osteoarthritis of the Knee

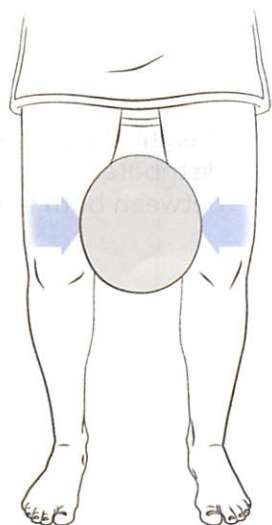
Take these simple exercises step-by-step

General Guidelines

These exercises are geared specifically for individuals with osteoarthritis of the knee. Performed on a regular basis, they can help to improve muscle strength and overall range of motion in your legs. Make sure to tailor these exercises to your own pain and comfort level—do not push too hard, instead build yourself up gradually. Remember to breathe slowly and deeply during exercise.

Each of these exercises can be repeated 10 - 15 times (or less, depending on your pain level). Exercises 1 - 4 will require a soft, inflated ball about 9 - 12 inches wide.

1



Open kinetic chain exercise

Starting position

- Lie down on a bed or mat facing upward
- Tuck a pillow or towel under your knees
- Place ball between your knees

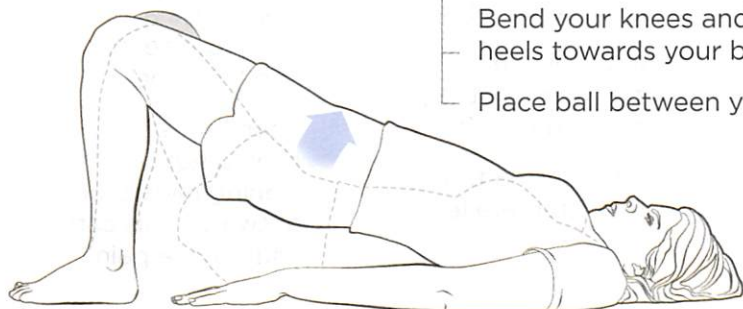
The exercise

- While gently squeezing the ball:
 - Lift both your legs straight up slowly, about 12 inches
 - Hold position for 5 seconds
 - Bring your legs slowly back down

Tips

- Both legs should be raised symmetrically
- Movements should be slow and controlled

2



Bridging

Starting position

- Lie down on a bed or mat facing upward
- Bend your knees and pull your heels towards your buttocks
- Place ball between your knees

The exercise

- Lift up your buttocks, using your arms for support
- Hold position for 5 seconds (or less)
- Come down slowly

Tips

- While pushing up, place weight evenly on both feet
- Weight of buttocks should be evenly spread between both legs

3

Wall sit

You'll need a Pilates ball for this one!



Starting position

With a Pilates ball between a wall and your upper back:

- Stand perfectly straight
- Place ball between your knees

The exercise

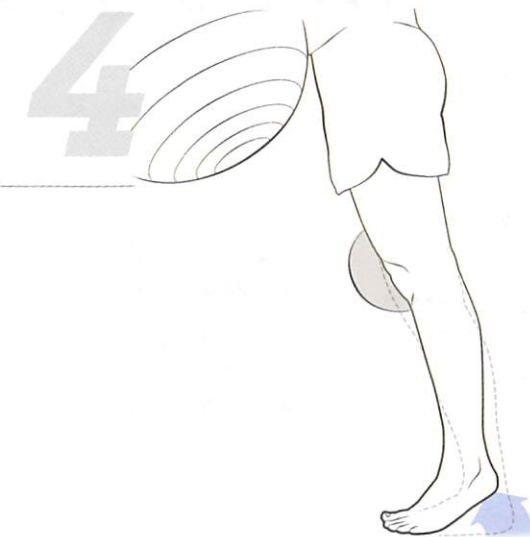
- Slide downward slowly while bending your knees
- Stop when your knees are at a 90 degree angle or less
- Squeeze ball gently
- Hold position for 5 seconds
- Rise back up slowly to standing position

Tips

- Your back should be perfectly straight during this exercise
- Use the full length of both feet during exertion
- Weight should be distributed evenly between both legs
- Ensure that both knees are in line with the heels as you're sliding downward

4

Heel raise



Starting position

With a Pilates ball between a wall and your stomach:

- Stand perfectly straight
- Place ball between your knees

The exercise

- Push both heels up
- Squeeze ball gently
- Hold position for 2 - 3 seconds
- Bring both heels down

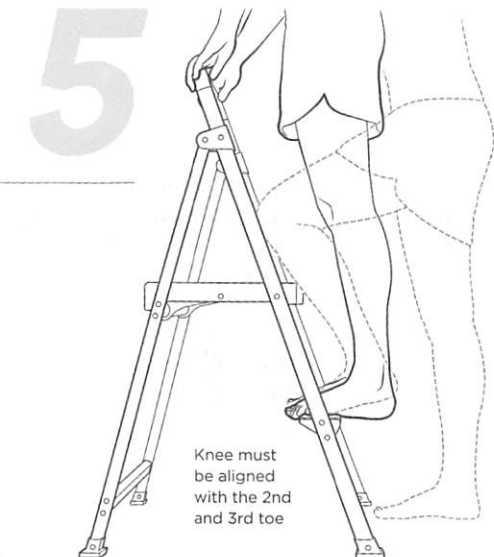
Tips

- Weight should be distributed evenly between both legs

5

Step up

For this exercise, you may use the stairs or a small step ladder



Starting position

- Stand straight in front of stairs/steps
- Hold onto a railing so you don't lose your balance.

The exercise

- Step up onto stair with right leg, followed by left leg
- Step down from stair with right leg, followed by left leg
- Repeat 10-15 times, then alternate legs

Tips

- While stepping up, make sure your knee stays aligned with your second and third toe
- Your knees should not be leaning inward or outward—this can cause knee pain