

# Exercise Program for Knee Arthritis



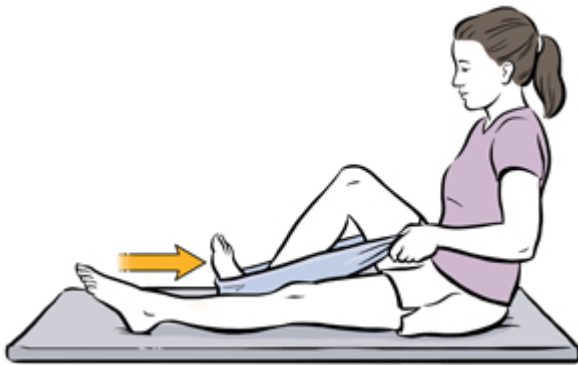
*Your healthcare provider may recommend exercises to help decrease pain and improve function in your knees.*

*Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.*

*Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.*

## Heel Slides with Towel

1. Sit on the floor with your legs straight in front of you. Place a towel, sheet, or belt around the heel of your affected leg.
2. Gently pull the towel towards you to assist sliding your heel towards your bottom.
3. Hold for 5 seconds. Then straighten your leg.
4. Repeat 10 times.

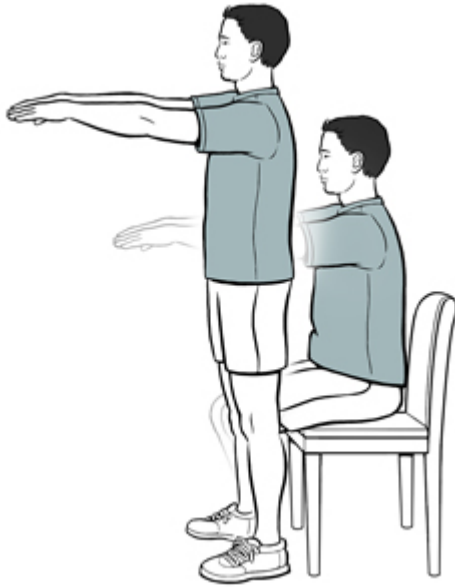


## Sit to Stand

1. Stand facing away from an armless chair. Place your feet slightly wider than shoulder-width apart and point your toes out slightly.
2. Hold your arms out in front of you or cross them over your shoulders.
3. Bend your knees to slowly sit down in the chair. Pause briefly, then push through your legs to stand back up. Do not use your hands to help you.
4. Repeat 10 times.

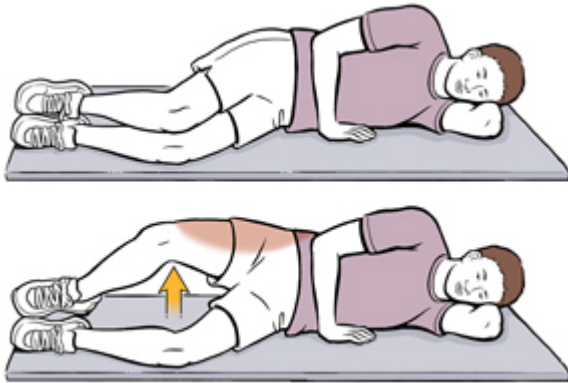
### Tips:

- Do not lock your knees in the standing position.
- Use a stable chair without wheels.
- To make the exercise easier, place a firm pillow or blanket on the chair.
- To make the exercise harder, tap the chair with your buttocks without taking any weight off your legs and then push back up to standing.



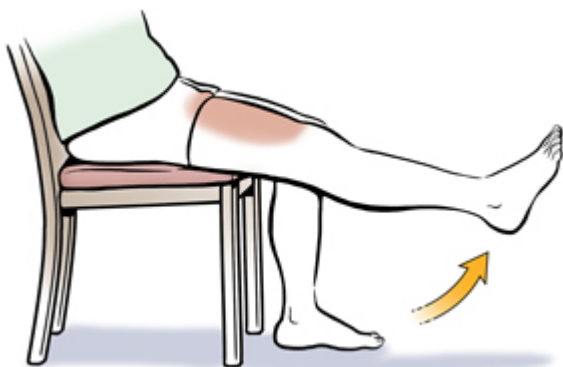
## Clamshell

1. Lie on your side and bend both knees.
2. Keeping your feet together, lift your top knee up so your knees are separated. Keep your hips stacked on top of each other.
3. Slowly lower your knee back down.
4. Repeat 10 times. Then switch sides.



## Long Arc Quad

1. Sit in a chair with your feet shoulder-width apart.
2. Lift one leg out as straight as possible.
3. Hold for 5 seconds, then slowly lower your leg back down.
4. Repeat 10 times. Then switch legs.

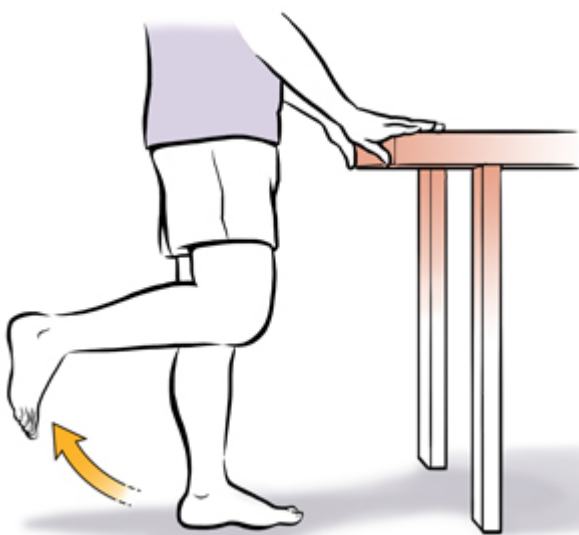


## Knee Flexion

1. Stand with your feet shoulder-width apart and your hands on the back of a chair, table, or countertop for balance.
2. Bend one knee to bring your foot back toward your buttocks. Lift your foot as high as you can or until your lower leg is parallel to the floor.
3. Pause briefly, then lower your leg back down.
4. Repeat 10 times. Then switch legs.

### Tips:

- Keep your standing leg slightly bent during the exercise.
- Do not arch your back.
- Do not let the knee of your working leg come forward past your hip.



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