

KNEE ARTHRITIS PROGRAM

Long Sitting Quad Set

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1

Setup

Begin sitting upright on the floor with one leg laying straight and your other knee bent.

Movement

Straighten your leg, pushing your knee toward the floor and hold.

Tip

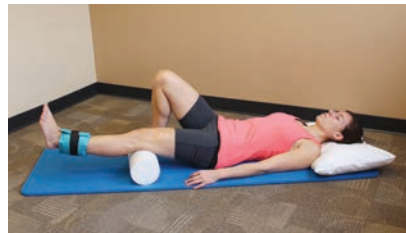
Make sure to keep your back straight during the exercise.

Hooklying Short Arc Quad with Ankle Weight

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your back with one leg resting on a foam roller or small pillow and a weight secured around your ankle.

Movement

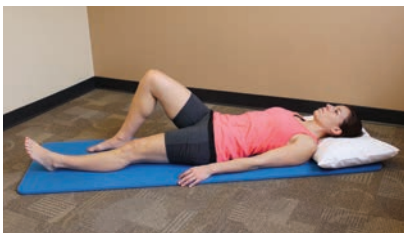
Tighten your thigh muscles and slowly raise your foot off the ground, straightening your knee, then relax and repeat.

Tip

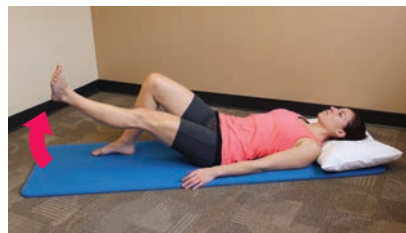
Make sure to keep your low back flat against the floor and do not let your leg rotate to either side.

Straight Leg Raise with External Rotation

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin by lying on your back with one knee bent and your other leg laying flat.

Movement

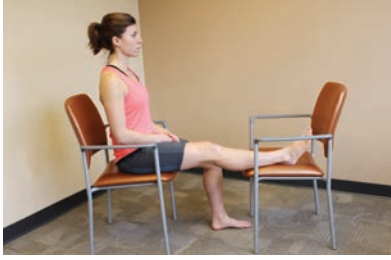
Slowly rotate your straight leg outward, then tighten your abdominal muscles and lift it until it is parallel with your other thigh.

Tip

Do not let your low back arch during the exercise.

Seated Hamstring Stretch with Chair

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting upright with your leg resting on a chair in front of you.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your thigh.

Tip

Make sure to keep your back straight during this stretch.

Sitting Heel Slide with Towel

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting with your knees straight and a towel looped around one foot, holding the ends in both hands.

Movement

Use the towel to gently bend your knee until a stretch is felt. Hold, and then slide your heel forward into the starting position and repeat.

Tip

Make sure that your leg does not rotate in or out as you bend your knee.

Supine Knee Extension Mobilization with Weight

Reps: 1 Hold (Min): 5 Weekly: 5x Daily: 2x



Step 1

Setup

Begin lying on your back with one foot resting on a towel roll and an ankle weight secured around your knee. Your other knee can be bent.

Movement

Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

Tip

Make sure to keep your back relaxed during the exercise.