

We recommend that you initially try to combine between 4 to 6 exercises from the exercise selection. You do not have to stick with the same exercises, you can try different combinations on other days.



Knee mobilising

Lying on a firm surface, with your feet on the floor, slide your heel towards your hip, bending at the knee as much as you can and then return to the start position. Repeat this movement. Ensure that you are not straining your back.



You can perform a similar movement when standing up.



Hamstring stretch

Bring your knee toward your chest in the lying down position. In this position, straighten your knee, raising the foot in the air. When you feel a good amount of tension behind your knee or thigh, hold this for a slow count of 20-30 seconds. Then lower the leg. Repeat this movement.



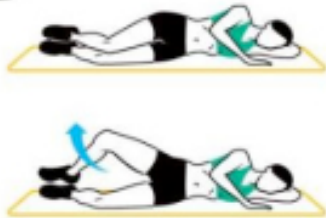
Best inner range
quads exercise

Standing with your buttocks resting on the wall, step-stance, with the knee to be exercised placed behind, the foot near the wall. Place a soft squeezable ball behind your knee and press the knee into the ball, generating a really effective contraction in your quadriceps muscle. Ensure that throughout this exercise that you maintain pressure through your heel. Repeat this movement.



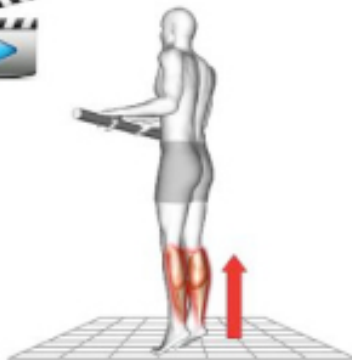
Calf stretch

Stretch against a wall. Ensure that throughout this exercise that you maintain an upright posture. Stand with a stride, the leg to be stretched is placed behind you. Keeping the knee straight on the leg that you are stretching, lunge forwards until you feel a stretch tension in your calf or knee. Hold this stretch for 20-30 seconds.



Clamshell exercise

Lying on a firm surface, with your knees & feet together and bent. Keep your feet together and slowly raise your upper knee so that your knees move apart like a 'clamshell'. You are aiming to raise your knee just higher than your upper hip and then slowly return to the start position. Repeat this movement. Ensure that you are not straining your back, or rocking backwards as you do this.



calf raises

Ensure that you use a surface or chair that is stable to help your balance. Keeping your knees straight, raise your heels up off the floor as far as you can go, and then slowly return. Repeat this exercise.



Early Squat

Ensure that you use a chair or bench that is stable. Ensure that throughout this exercise that you maintain equal weight through both feet. Slowly squat, as you do so, ensure that you keep your weight over your heels rather than through your toes. When you have lowered yourself about a third of the way, return to the start. Repeat this movement.



Sitting Squat

Ensure that you use a chair or bench that is stable. Ensure that throughout this exercise that you maintain equal weight through both feet. Slowly squat, as you do so, ensure that you keep your weight over your heels rather than through your toes. As you squat, raise your arms to counter-balance your squat. When you have lowered yourself to the chair seat, return to the start. Repeat this movement.



Gluteal squat

Progress to this squat when you are confident that you can perform the sitting squat. Place your hands forward on an exercise ball. Keep about one third of your weight through the ball as you slowly squat. As you squat, ensure that you keep your weight over your heels rather than through your toes. Do not take your hips lower than the top of the ball. Repeat this exercise.



Bridging

Lying on a firm surface, with your feet firmly on the floor, press down with your feet to raise your buttocks off the floor and then slowly return to the start position. Repeat this movement. Ensure that you are not straining your back.



Activity

Try to keep active with general exercise. Weight bearing exercise is recommended for osteoarthritis of the hip or knee joints. The key is to be sensible, balance the weight-bearing stress by lowering the impact on the joint. Wear supportive shoes with modern cushioning. Using walking poles can significantly reduce the stress through your joints. Cycling and swimming are not thought to be impactful to the joints. And... we LOVE Pilates here at the good exercise guide!