

Exercise plan:  
OA Knee Advanced

Patient:  
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Date:  
24th Apr 2020



### Supine Bridge Hard

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

**Hold for 3 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/x-b9yvFzLqk>

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### Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

**Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/ViFGDZzSCHA>



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### Knee Flexion (Heel Kicks) Standing with Support

Stand upright with good posture. Hold on to a wall, rail or table for support. gently bring your heel towards your buttock of one leg and then go back to your start position, and then repeat with the other leg. Heel kicks can act as good hamstring strengthening exercises.

**Hold for 3 | Repeat 15 times | Perform 3 times daily**

Video: <https://youtu.be/1kN1qiDZcFE>



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## Box Step Front

Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with.

**Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/EI739iJbGUU>



## Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

**Hold for 3 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/cqDMYUaIXvw>