

Exercise plan:
OA Knee Website

Patient:
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Date:
13th Apr 2020



Knee Flexion Supine

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/skOauZ54MLU>



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Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. 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.

Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/fK_xUE3OKIE

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Sitting Leg Straightener

Sit down on a chair, and place a towel under your thigh. Pull your toes up, tighten the muscles in the front of your thigh (quadriceps muscles), and slowly pull your leg to a straight position. You will feel a stretch to the hamstring at the back of the thigh, and contraction of the quadriceps in the front of the thigh. Hold this stretch, and relax.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/EfYV4ztjsQI>

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Sit to Stand - No Hands

Sit upright with good posture. Place your arms across your chest. Gently lean forwards and use as much leg and core strength as you can to push yourself up. If you get stuck, use one or both arms to assist. Once upright, stand up straight. When you feel comfortable, slowly sit back down, ideally with your arms across your chest. However, if you need some guidance then use your arms to assist the sitting. Try to keep a straight spine during the sitting rather than let your back round forwards too much. This exercise will strengthen your legs and core.

Repeat 15 times | Perform 3 times daily

Video: https://youtu.be/2rVOvOU_vmE

