



# Knee Osteoarthritis

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Osteoarthritis (OA) has been described as a “wearing out of the joint” or a loss of the articular cartilage that surrounds the ends of the long bones in the body. Symptoms include joint pain that increases with weight bearing, morning joint stiffness, palpable warmth, bony enlargement and knee joint tenderness.

OA is one of the most common chronic conditions among older adults. It’s estimated that 80 percent of older adults have at least one joint affected with OA. The knee is the most commonly affected joint.

OA seems to be accelerated in people with a history of knee injury, or those who have undergone knee surgery. Other risk factors for developing OA in the knee joint include obesity, inactivity and decreased leg muscle strength.

## Exercises for Knee Osteoarthritis

### Exercise tips

- ❖ Patients should perform strength training two to three times a week, with eight to 12 repetitions per leg.
- ❖ Patients usually report a decline in pain and increase in function after 12 to 16 weeks of a program.
- ❖ Stop if you experienced increased in pain or swelling

### Chair Squats:

Hold exercise band at the waist. Keep elbows straight. Slowly lower to the chair by bending knees and hips; keep back straight. Hold and slowly return to standing.



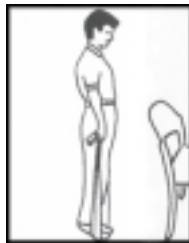
### Hip Extension:

Balance on one leg. Extend your hip behind your body. Begin on a firm surface and progress to the stability trainer. Use a chair if needed. Repeat on the other leg.



### Calf Raises:

Hold band at waist. Keep elbows straight. Go up onto your toes. Hold and slowly return.



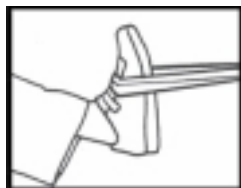
### Hip Flexion:

Lift hip upward toward ceiling. Hold and slowly return.



### Ankle Dorsiflexion:

Pull toes back toward the head against a resistance band. Hold and slowly return.



### Leg Curls:

Bend knee and pull leg back toward chair. Hold and slowly return.



### Leg Extension:

Extend knee and point foot toward the ceiling. Hold and slowly return.



Notes

The purpose of this patient education handout is to further explain or remind you about a medical condition. This handout is a general guide only. If you have specific questions, be sure to discuss them with your health care provider. This handout may be reproduced for distribution to patients.