

OA knee (prevention) phase 1 mild -
moderate

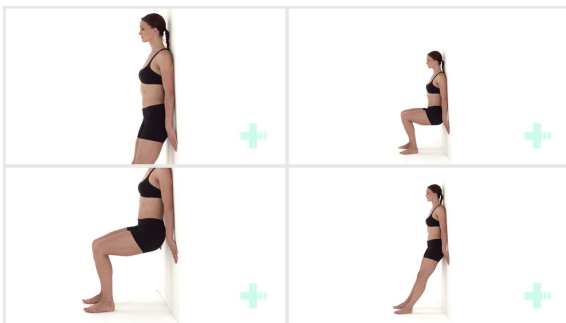
3 Sets / 10 Reps / 10 s hold / 4lbs weight



1. Knee extensions (leg weights optional)

Sit up tall in a chair with your shoulders back and down.
Straighten the affected leg out in front of you, attempting to fully straighten the knee.
Control the movement back to the start position and repeat.
You can add leg weights in this exercise, as your range of movement and strength improves.

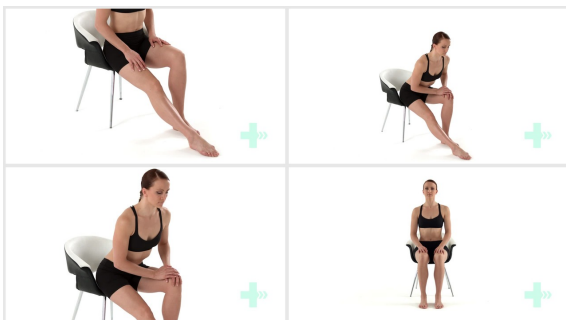
3 Sets / 10 Reps / 5 s hold



2. Wall squats

Lean against a wall, with your feet away from the wall and shoulder width apart.
Your back and buttocks should remain in contact with the wall throughout.
Slide down the wall, aiming to reach horizontal with your thighs.
Your knees should be at 90 degrees at this point.
Push yourself back up the wall, driving the movement with your buttock muscles.

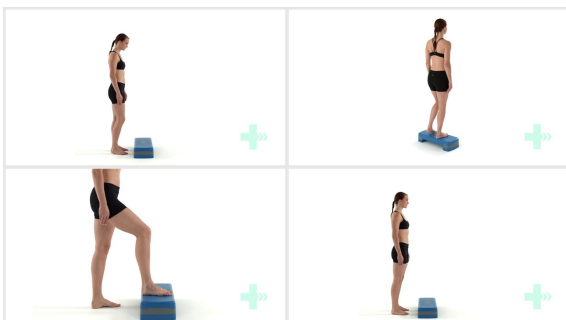
3 Sets / 5 Reps / 15 s hold



3. Hamstring stretch in sit

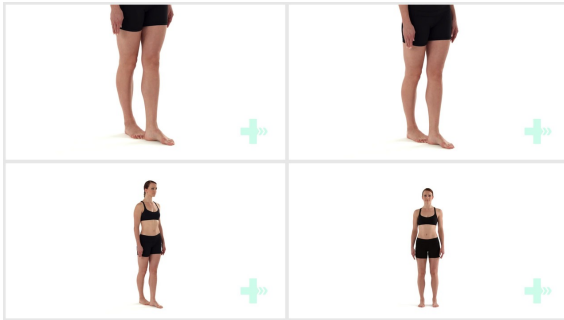
Sit in a chair.
Place your affected leg out in front of you.
Straighten your knee, keeping your foot on the floor.
Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.
Hold and then relax.

3 Sets / 10 Reps



4. Step ups

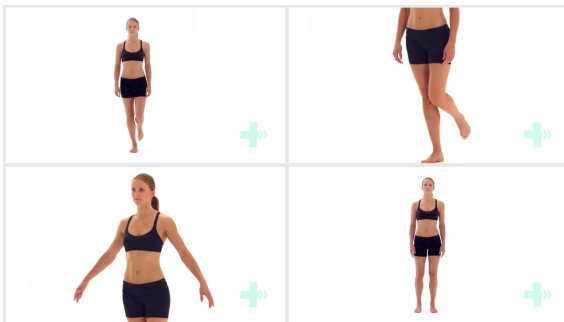
Stand facing a step.
Place your affected leg up on the step.
Step up bringing your other leg onto the step and then step back down to the start position using the same leg.
Make sure your knee travels forwards over your toes during this exercise.
Your affected leg will stay on the step throughout this exercise.



5. Tandem foot balance

Stand with one foot in front of the other.
The toes of your back foot should just touch the heel of your front foot.
Spread your weight evenly across both feet.
Hold this position for as long as you can.

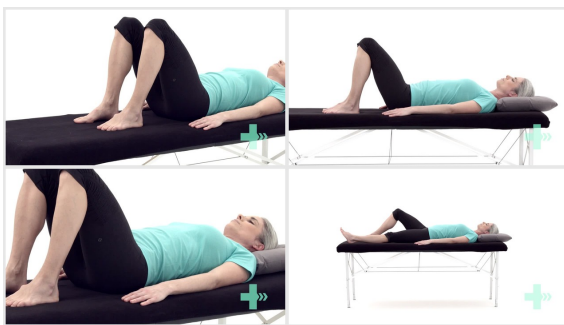
3 Sets / 5 Reps / 10 s hold



6. SLS eyes open

Balance on your symptomatic leg for as long as you can.
You may want to be close to a solid object to hold on to if needed.
Do not rest your bent leg on the stance leg.

1 Set / 1 Rep / 1 s hold



7. Bridging for stabilisation of the hip

Lie on the bed.
Bring your legs upwards by bending your knees.
Keep your feet on the bed.
Now raise your hips upwards by moving your pelvis forwards.

1 Set / 1 Rep / 1 s hold



8. Bridging with adduction stabilisation

Lie on your back with your knees bent and your feet flat on the floor.
Place a medium sized ball between your knees.
Flatten the small of your back against the floor.
Tighten your buttock muscles, squeeze your knees together and lift your hips up.
Keep your hips level as you hold this position.
Maintain the pressure on the ball as you lower your hips back down to rest.



9. Supine isometric knee extension in 20 degrees flexion

Lie on your back with your legs straight.

Place a rolled towel underneath your knee on the leg to be exercised.

Your heel should rest on the ground with your toes pointing directly up towards the ceiling.

Tighten your thigh muscle and push the back of your knee into the towel.

Your leg should remain still as you tense your thigh.

Hold this position.

Relax, and repeat.