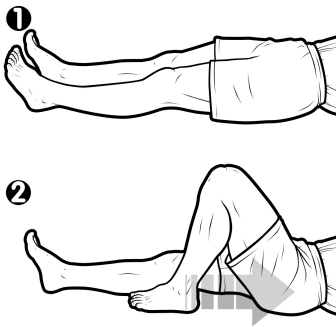


KNEE OSTEOARTHRITIS

STRETCH AND STRENGTH



ACTIVE KNEE FLEXION

Lie on your back with your legs straight (1). Slowly slide your heel along the floor towards your buttocks, bending your knee as far as you can (2). Slowly straighten your leg and repeat.

SETS & REPS: 20 reps

FREQUENCY: 1 x day

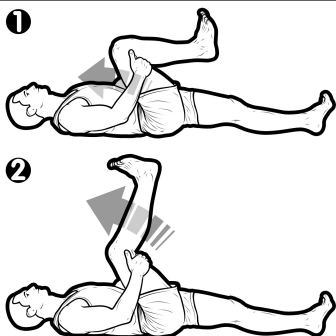


QUADRICEPS STRETCH

Standing, bend your knee, grasp your ankle and pull towards your buttock until you feel a stretch in your quadriceps. Ensure your pelvis is tilted backwards. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day



KNEE HUG WITH HAMSTRING STRETCH

Lying on your back, bend one leg up as far as you can, grasp your leg behind your knee and pull your hip further into flexion until you feel a stretch in your buttock (1). Actively straighten your knee until you feel a stretch in your hamstring (2). Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day

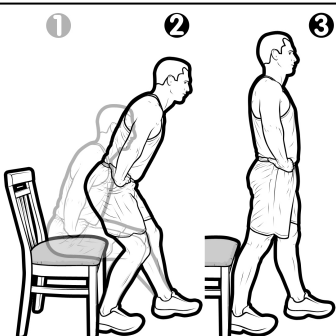


HIP FLEXOR STRETCH

Half-kneeling, rotate your pelvis backwards as you move your hips forward until you feel a stretch in the front of your hip. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day



SIT-TO-STAND IN STRIDE STANCE

Sit on a chair with one foot placed out in front (1). Lean forward and stand up from the chair (2 & 3) putting most of your weight through the rear leg. Slowly sit back down again and repeat.

SETS & REPS: 3 x 15/side

FREQUENCY: Daily

KNEE OSTEOARTHRITIS

STRETCH AND STRENGTH



2 BODY-WEIGHT DEEP SQUAT

Stand upright with your feet hip-width apart (1). Squat down (as if to sit on a chair) until your knees are bent to approximately 90° (2). Push through your heels and straighten your knees to return to a standing position (1). Ensure your knees stay in-line with your 2nd toes and that your back remains in a neutral position. Repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: