



# Knee Exercises

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# Knee Exercises

## Knee Exercises

Knee pain due to osteoarthritis, commonly known as wear-and-tear arthritis, is a condition in which the natural cushioning between joints (cartilage) wears away. When this happens, the bones of the joints rub more closely against one another with less of the shock-absorbing benefits of cartilage.

The rubbing results in pain, swelling, stiffness, decreased ability to move and, sometimes, the formation of bone spurs. Knee OA typically starts as pain in the joint with weight bearing. It often develops slowly and the pain it causes worsens over time. In severe cases, there may be night pain that can interfere with sleep.

The goals of treatment for OA of the knee include relief of pain and inflammation, reduction of stiffness, improvement or preservation of range of motion, and improvement in or maintenance of mobility and function. The below exercises are to maximize range of motion and flexibility and work to increase the strength and control of your knees/ hips/ core. With knee OA, we want to balance between moving the knee ("motion is lotion") and not being so aggressive as to flare up the joint. Although some soreness with exercise is expected, we do not want any sharp pain—pain that gets worse with each rep of an exercise or any increased soreness for more than 24 hours. If this is the case, modify the exercises to decrease the number of reps or the frequency.

### Heel Slides - Long Sit with Towel and Belt

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

Can set timer for 2-3 minutes.

**Repeat 10 Times | Hold 1 Second**

**Complete 3 Sets | Perform 2 Times a Day**



### Gastroc & Soleus Stretch

Sitting on the floor or in bed with your involved leg straight out in front of you, drape a towel or belt around your foot. Pull up toward you until you feel a stretch.

**Repeat 10 Times | Hold 10 Seconds**

**Perform 2 Times a Day**



### **Hamstring Stretch with Towel**

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg. Keep your knee in a straightened position during the stretch.

**Repeat 10 Times | Hold 10 Seconds**

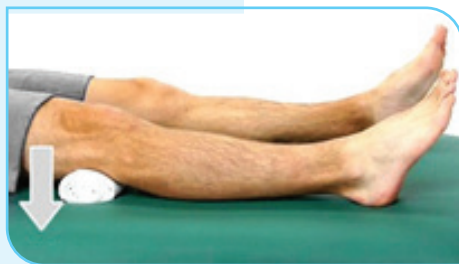
**Complete 1 Set | Perform 2 Times a Day**

### **Quad Set - Towel Under Knee**

Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

**Repeat 10 Times | Hold 10 Seconds**

**Complete 1 Set | Perform 2 Times a Day**



### **Straight Leg Raise - SLR**

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

**Repeat 10 Times | Hold 10 Seconds**

**Complete 3 Sets | Perform 2 Times a Day**

### Hip Abduction - Sidelying

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body. The bottom leg can be bent to stabilize your body.

Repeat 10 Times | Hold 1 Seconds

Complete 3 Set | Perform 2 Times a Day



### Sidelying Clamshell - Clam Shell

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times | Hold 1 Seconds

Complete 3 Set | Perform 2 Times a Day

### Bridging

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times | Hold 5 - 10 Seconds

Complete 3 Sets | Perform 2 Times a Day

