

Specific and Personalized Osteoarthritis Exercise is So Important

Working with a Registered Kinesiologist will develop the right exercises needed for you to reduce pain and increase function and activity to maintain an ideal weight and better attitude while reducing joint stress.

When done properly and most every day, these exercises will:

1. decrease pain with standing and prolonged sitting
2. decrease pain going up and down stairs as well as squatting
3. decrease the highest intensity of pain compared to previous week

Stand - to Sit 12 - 15 repetitions



Sit on edge of chair. Feet spread apart and under knees.

Lean over slightly. Keep chest up

Raise arms out in front.

To begin, firmly press heels into the floor as you press upward to standing.

To sit down, keep pressing heels into the floor as you move hips back into the chair.

*** AVOID knees moving inward of big toes.

Modifications: Place pillow on chair

Use armrests on chair or press palms on hands to help

Do this until it's easier to do correctly 12 - 15 times

Do 2 times per day to improve strength and movement control.

4 and 8 O'clock



Stand long through your torso. This exercise is a small controlled movement at the hip joint only.

*** Press left weight bearing HEEL into the floor.

*** Press right HEEL out to 4 o'clock. Hold 1-2 seconds. Do up to 15 repetitions

Repeat on other leg.

Press right weight bearing HEEL into floor and begin pressing the left HEEL out to 8 o'clock.

Hold 1 - 2 seconds, up to 15 repetitions

AVOID hiking up pelvis or swaying torso.

Focus on moving hip joint only.

Progression: Do the exercise without holding onto chair. Keep hands close to a wall, chair or counter.

ClamLevel 1 - Pillow between knees. Keep pelvis steady and top hip slightly forward.

Lift top knee as high as possible while keeping feet together.

>>> Once knee is up as high as possible, hold 5 seconds.

Do up to 20 times per leg.

Level 2 - Begin by lifting both feet off the floor. Keep them together.

Keep pelvis steady and top hip slightly forward. Lift top knee as high as possible.

>>> Hold 5 seconds.

Do up to 15 times per leg.

Level 3 - Press left elbow and left knee firmly into floor. Keep pelvis steady and top hip forward.

Lift top knee as high as possible. Hold 5 seconds. Do up to 10 times per leg.

Progression: Add a resistive band around your knees for each of these levels.

Once your knee is up as high as you can get it, hold 2 seconds. Repeat 10 times per leg.

