

Advanced hip and knee strength exercises

Research has demonstrated that strengthening the muscles in the front of the upper leg (the quadriceps muscles) can greatly reduce the pain of knee arthritis in many people, and may also improve knee mobility and balance.

The exercises below are designed to strengthen the muscles that work across the hip and knee. You might wish to try these if you have pain in these joints from arthritis.

You should always build up new activities slowly. You may experience mild discomfort whilst performing these exercises. If this persists, stop immediately and consult your doctor, an osteopath or a physiotherapist. Don't force through the pain.

For more information, visit: www.arthritisaction.org.uk



Sit-to-stand

- Start sitting upright at the edge of the chair
- Stand up keeping your back straight and knees fist width apart. Keep your eyes facing forwards
- Sit down again
- Repeat for one minute
- **PROGRESSION** - increase the number of repetitions in one minute



Wall slides

- Start with your back against the wall, feet hip width apart and 2ft away from the wall
- Bend your knees so that you slide down the wall. Having a pillow case behind your back may help you to slide
- Return to the start position
- Repeat
- **PROGRESSION** - hold the position for 5 seconds before returning or slide down further



Lunges

- Step forwards with one leg
- Lower your body by bending the knee
- Return to standing
- Repeat on alternate legs for 1 minute
- **PROGRESSION** - lower the body further, so that the rear knee gets closer to the ground

