

Simple 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.

Below are a set of exercises that you might wish to try if you have knee pain 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. These exercises are intended to be gentle. However, if you have any concerns about whether they are suitable for you, please consult a healthcare professional before taking part.

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



Knee extensions

- Sit on a chair with your feet on the ground and your knees at the same level as your hips
- Straighten one knee so that your leg extends out in front of you
- Hold the position for 3 seconds and return to the starting position
- Repeat 3 times each side
- **PROGRESSION** - hold for longer and increase the number of repetitions





Knee extensions with resistance

- Start in the same position as before
- Crossing the right ankle over the left, straighten the left knee to raise the weight of the right leg
- Hold the position for 3 seconds and return to the starting position
- Repeat 3 times each side
- **ALTERNATIVE** - buy some aerobic ankle weights (about 1kg) that you can wrap around your ankle instead of using the other leg as resistance



Step-ups (functional exercises)

Functional exercises are activities that you perform as part of your normal daily life that might help you to perform that activity if used as an exercise:

- Step up onto the step
- Step back down
- Repeat alternating the leading leg
- **PROGRESSION** - increase your speed and the number of repetitions

