

Patients with knee osteoarthritis complain of pain and stiffness in the joints. Regular exercise is required to keep joints healthy, strengthen the muscles around the knee joints and pain-free to a certain extent. Reducing weight also helps with the pain and stiffness.

While doing the exercise, make sure you have plenty of space around you to avoid any injury.

\*\*\*\* There may be a slight increase in your pain, and you may feel muscle aches when you first start the exercise. It's a good idea to start slowly and build up gradually if you're new to exercise. All exercises should be performed gently, slowly and ideally three times a day.

## Some useful exercises

### 1. Straight-leg raise

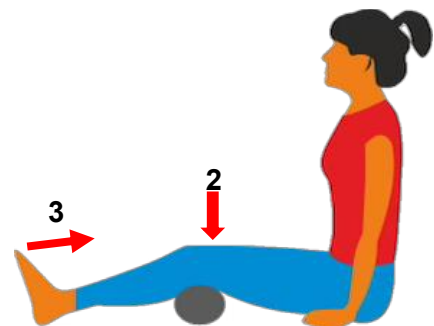
You can perform this exercise in various positions: on the floor, in bed, or while sitting.

1. Bend one leg at the knee.
2. Keep the other leg straight and lift its foot off the surface.
3. Hold for a count of 10, then gradually lower down.
4. Repeat the exercise 10 times for each leg, twice a day (morning and evening).



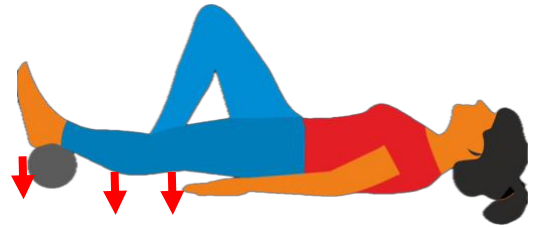
### 2. Knee Press

1. Lie down with a rolled-up towel under your knee.
2. Use your thigh muscles to push your knee towards the bed/ floor.
3. Pull your toes towards you until you feel a calf stretch, lifting your heel off the floor.
4. Hold for 5 seconds, then relax for 5 seconds.
5. Repeat 10 times, then switch to the other leg.



### 3. Heal Press

1. Lie down and put a rolled-up towel under your ankle.
2. Bend the other knee.
3. Use the muscles in your straight leg to push the back of your heel down towards the bed or floor.
4. Hold this position for 5 seconds, then relax for 5 seconds.
5. Repeat 5-10 times.
6. Repeat with the other leg.



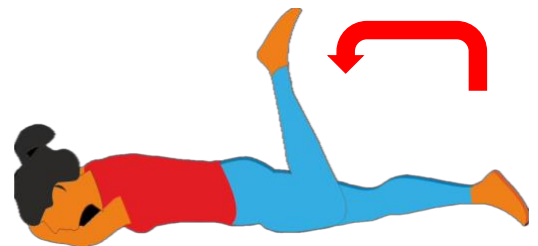
### 4. Heel Drag

1. Lie on the floor with your legs stretched out straight in front of you.
2. Slowly bend one knee towards your chest, sliding your foot along the floor, until you feel a gentle stretch.
3. Hold for 5 seconds and then straighten your leg.
4. Repeat 5 times.
5. Repeat with the other leg.



### 5. Knee Bend Exercise (Prone position)

1. Lie on your stomach with your knees straight.
2. Bend one knee as far as possible, try touching the heel to your buttock.
3. Hold for a slow count of five.
4. Repeat 5 times.
5. Repeat with the other leg.



**Repeat those exercises 2-3 times a day. If your pain does not resolve, please visit <https://paincure.co.uk> for further help.**