Current research suggests that water-based therapy is effective in the management of knee osteoarthritis and lower limb deconditioning.

The buoyancy of the water reduces the impact through your joints, deceasing pain levels and allowing a higher intensity of activity and exercise. This means that water-based treatment can help to limit stiffness, improve your movement and strengthen your muscles. As well as this, the increased pressure on your body in the water can help to reduce swelling and improve circulation. This can all lead to increased confidence and function, which is why water-based therapy has been found to be as beneficial as exercises on land.

Attached is an exercise sheet including the exercises which have been found to be most beneficial for people with knee osteoarthritis. Completing these exercises for 45 minutes at least once a week in your local swimming pool may help to reduce your symptoms.

**Marching on the spot**



Stand holding on to the wall/rail

Lift one knee towards the surface

Repeat on the other leg.

Continue for ………….. minutes.

**Heel flicks**



Place an armband around your ankle (Can do the exercise without an armband).

Stand holding on to the wall/rail

Bend your knee towards your bottom

Repeat 10 times x3 sets.

**Side kicks**

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Stand holding on to the wall/rail

Keeping your knee straight lift your leg out to the side away from your body

Return to the middle and repeat

Repeat 10 times x3 sets.

**Lunges**

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Step one leg forwards with the foot flat on the floor

Bend your front knee and lower your back knee towards the floor as shown in the picture

Stand back up and repeat on other leg

Keep your back straight

Repeat 10 times x3 sets.

**Step ups**



Place your bad leg on a step in the pool

Keeping your back straight, step up pushing through your heel

Then step back down

Keep your back straight

Repeat stepping up and down

Repeat 10 times x3 sets.

**Lunges**



* Step one leg forwards with the foot flat on the floor
* Bend your front knee and lower your back knee towards the floor as shown in the picture
* Stand back up and repeat on other leg
* Keep your back straight
* Repeat 10 times x3 sets.

**Step downs**



Standing at the top of a step

Slowly lower your good leg to the floor by bending your bad leg

Keep your back straight

Return to starting position keeping your bad leg on the step

Repeat 10 times x3 sets

**Squats**



Stand with your back against the wall feet hip width apart

Bend your knees keeping your back against the wall

Stand back up

Repeat 10 times x3 sets.

**Cycling in the corner**

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In the corner of the pool hold on to the sides

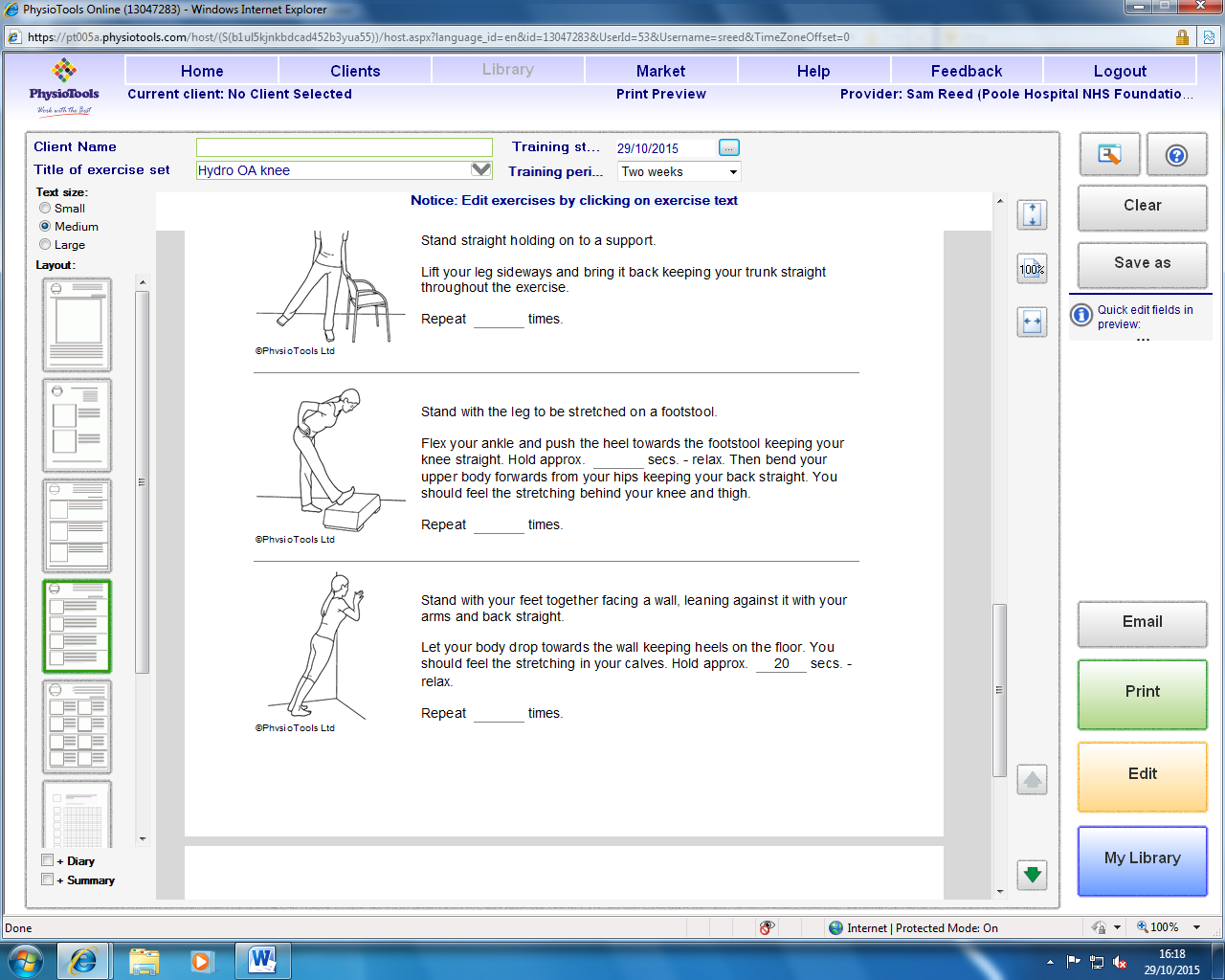
Let your legs slowly lift off the floor keeping your bottom down

Cycle your legs as if you are pedalling a bike

Keep your back straight and your bottom in the corner

Continue for 2 minutes

**Warm up and cool down**

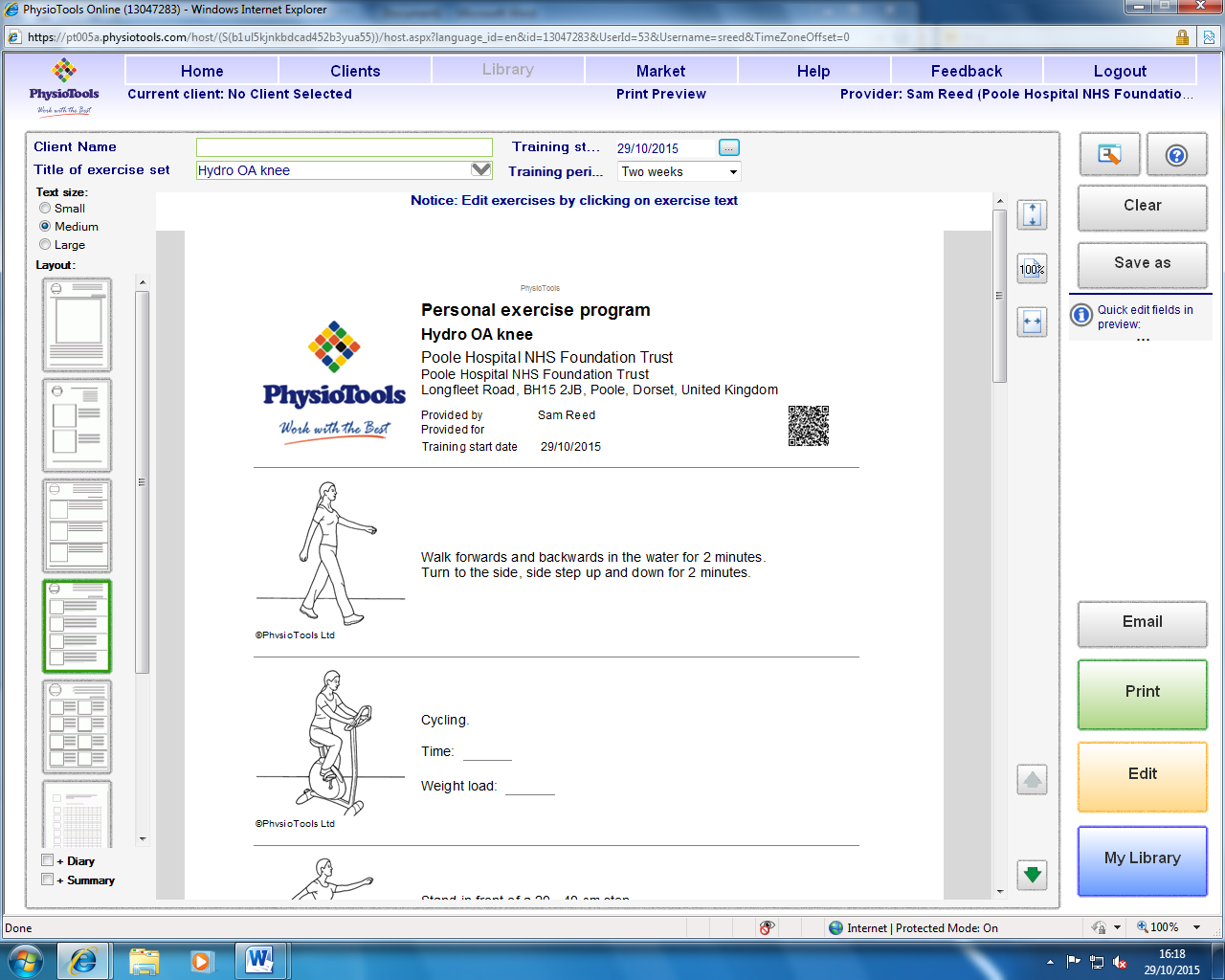


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