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| |  |  | | --- | --- | | [Video](https://pt005a.physiotools.com/ton/video.aspx?type=HTML5&id=1509&iid=0&actualId=13047283.7610&ts=635822396519598961) ©PhysioTools Ltd | **Walking on a the flat.**  We recommend you progress your walking gradually to avoid unnecessary flare ups of your symptoms. Remember there needs to be muscular discomfort from the effort to ensure the strength continues to improve.  Try hill walking  Try walking on uneven ground i.e. turf  Time……………. Resistance…………….. | |

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| |  |  | | --- | --- | | [Video](https://pt005a.physiotools.com/ton/video.aspx?type=HTML5&id=1507&iid=0&actualId=13047283.7611&ts=635822396519598961) ©PhysioTools Ltd | **Climbing up and down the stairs.**  We recommend you progress your climbing gradually to avoid unnecessary flare ups of your symptoms. Remember there needs to be muscular discomfort from the effort to ensure the strength continues to improve.  Try increasing your pace  Repeat ……………. | |

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| |  |  | | --- | --- | | [Video](https://pt005a.physiotools.com/ton/video.aspx?type=HTML5&id=27496&iid=0&actualId=13047283.7613&ts=635822396519598961) ©PhysioTools Ltd | **Balance**  We recommend you adopt the one leg balance standing formation seen.  Try and balance for 20 seconds.  Repeat ……………. | |

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| |  |  | | --- | --- | | [Video](https://pt005a.physiotools.com/ton/video.aspx?type=HTML5&id=1516&iid=0&actualId=13047283.7614&ts=635822396519598961) ©PhysioTools Ltd | **Marching on the spot.**  In bad weather it is often not possible to get out of the house.  Try marching on the spot.  Continue for ……………. mins | |

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| |  |  | | --- | --- | | [Video](https://pt005a.physiotools.com/ton/video.aspx?type=HTML5&id=27376&iid=0&actualId=13047283.7615&ts=635822396519598961) ©PhysioTools Ltd | **Sit to stand.**  Sit with your hands on your shoulders. Stand up by tightening your buttock muscles.  Slowly sit back down using the thigh muscles.  Repeat ……………. times | | | |
| ©PhysioTools Ltd  **References** | | **Cycling on a static bike.**  We recommend you progress your cycling gradually to avoid unnecessary flare ups of your symptoms. Remember there needs to be muscular discomfort from the effort to ensure the strength continues to improve.  Time……………. Resistance…………….. |

1. Fransen M, McConnell S, Harmer AR, Van der Esch M, Simic M, Bennell KL. Exercise for osteoarthritis of the knee.

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**Contact details** [**www.poole.nhs.uk**](http://www.poole.nhs.uk/)

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole Dorset

BH15 2BJ

Author: Ian Kennedy