



### Static quads

Lying on your back with legs straight.  
Turn your ankles upwards and push your knees down  
firmly against the bed.  
Hold secs.  
- relax.

Repeat times.....

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### Inner range quads

Lying on your back. Bend one leg and put your foot on the  
bed and put a cushion under the other knee.  
Exercise your straight leg by pulling your foot and toes up,  
tightening your thigh muscle and straightening the knee  
(keep knee on the cushion) Hold approx. ....secs.  
and then slowly relax.  
To make the exercise harder put a kg  
weight around your ankle or wear shoes.

Repeat times .....

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### Active straight leg raise

Lying on your back with one leg straight and  
the other leg bent.  
Exercise your straight leg by pulling the toes  
up, straightening the knee and lifting the leg 20  
cm off the bed. Hold approx 5 secs. - slowly  
relax, then try the other leg too.

Repeat times.....

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### Heel slides

Lying on your back on your bed, the bed sheets act as a  
sliding surface. Bend and straighten your hip and knee by  
sliding your foot up and down the bed sheets.  
Repeat times.....

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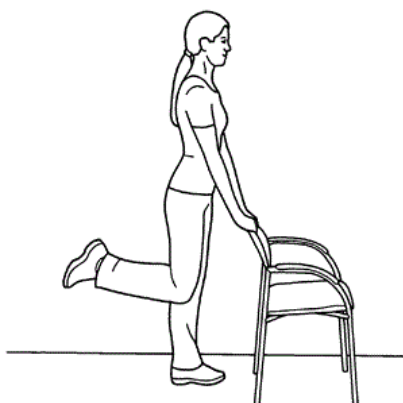
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### Resisted leg press with theraband

In long sitting. Bend one leg and put a rubber exercise band around your mid foot.

Push your knee straight, keeping the heel on the bed.

Repeat times.....



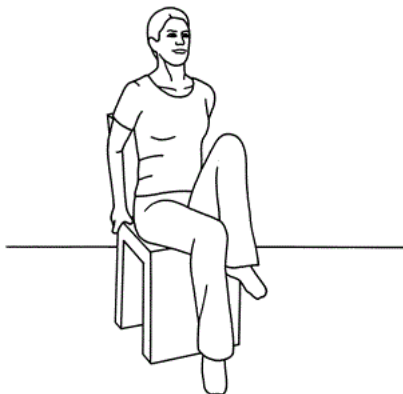
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### Heel flicks

Stand. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor, bringing the heel closer to your buttock.  
Hold secs.

Repeat times.....



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### Sitting march

Sit on a chair leaning back on your arms for balance and support.

Lift one knee towards your chest, place it down, then lift the other.

Repeat times.....



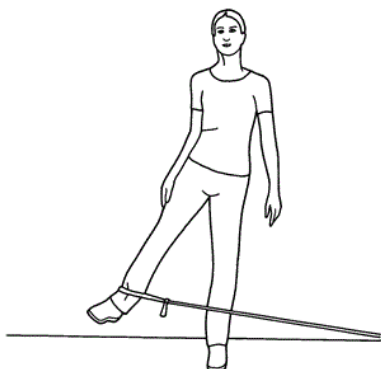
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### Back kicks

Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.  
return your feet back together.  
Try using a theraband for resistance.

Repeat times.....

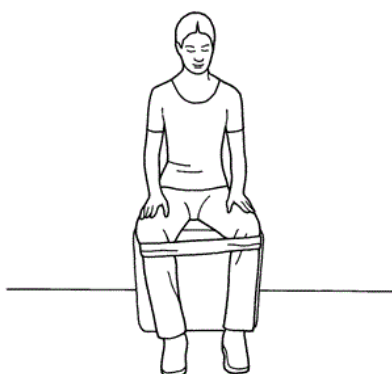


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### Side kick

Stand upright with some support if your balance requires it. Put a rubber exercise band around your ankle. Pull the band by slowly kicking your leg out to the side.

Repeat times.....



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### Seated hip abductors

Sit on a chair. Put a rubber exercise band around your knees.

Spread knees apart. Slowly bring knees back together.

Repeat times.....

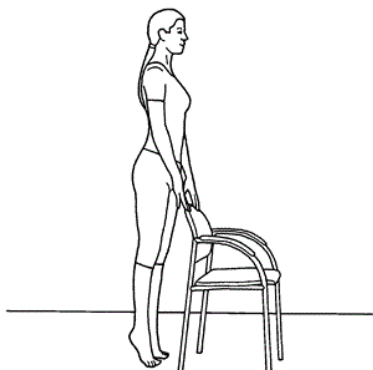


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### Clam

Lie on your side with your knees bent. Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together and back straight during the exercise. Use a rubber band looped around your knees for resistance.

Repeat times.....



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### Heel raises

Push up on your toes, then slowly lower your heel down.

Repeat times.....

Exercise programmes have been shown time and again to improve both pain and function<sup>1</sup> for sufferers of osteoarthritis or deconditioning of the knees and associated musculature. Knowing which exercises can be a minefield, here is some useful up-to-date guidance.

- Tai Chi or exercises involving coordination, stretching or balancing exercises have demonstrated some benefit.
- Walking has an effect.
- Moderate benefit on physical function can be achieved when general lower limb strengthening and aerobic exercises are adopted.
- The largest benefit can be achieved by strengthening quadriceps (thigh) muscles, this has been shown in as many as 10 studies.

Where, how or with whom the exercise programme is delivered also has an effect. Exercising in a group session has been shown to have a greater benefit than a home exercise programme. Exercising under supervision also has a greater benefit. Importantly, be reassured that any type of exercise programme that is done regularly, can improve pain and physical function related to knee osteoarthritis or deconditioning in the short term. Physiotherapy can be of benefit in the treatment of osteoarthritis and guidance of exercise. You will need the referral from your GP or consultant to access the physiotherapy service.

<https://www.poole.nhs.uk/a-z-services/t/therapy-services/therapy-outpatients/patient-information-leaflets/hip-information-leaflets.aspx>

## References

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