



What is Knee Osteoarthritis?

Knee Osteoarthritis (OA) is a common knee condition that causes pain with day to day activities causing stiffness and also a loss of confidence. While it cannot be reversed, there are effective ways to reduce pain, increase your mobility and limit its impact on your daily routine.

What can and should you do?

Keep Moving

Often when we experience pain, we stop everything. With Knee OA, we want to keep doing as much exercise as we can manage. Stopping when the pain starts to increase - particularly above a 3/10. This means walking and doing things around your house, but stopping before it gets too sore.

Pacing

This brings us nicely onto pacing. We want to space activities out. If you have to lawnmow and thats an aggravating activity, try doing the backyard first and then the front yard in a few hours time. Similarly break up other jobs around the house to help manage the pain.

Staying Strong.

Part of the progression of Knee OA, is that as we age, we naturally start losing strength in our muscles. This is because we are slowly doing less and sitting more. Yes we know you walk, but you need to maintain strength with other exercises like Sit to stands and lunges. This reduces the pressure on the bones, as we take load through our muscles first.

Simple Exercises to start improving your pain !

Inner Range Quad

Laying with your leg flat on the bed, place a rolled up towel underneath your knee. Simply push through the towel with your knee, to lift your foot off the ground. Hold for 10 seconds and complete 10 reps of 10 sec holds



Glute Strength

Laying on your side, with your bottom leg bent and your top leg straight. Lift your leg up so that your leg is parallel to the ground. Hold for 10 seconds. Complete 10 reps of 10 second holds.



Need more help?

You should look to review with a GP or a physiotherapist if symptoms have not improved after 2 weeks or if its impacting your day to day life.

Please stop the exercises immediately if painful and see your GP.

