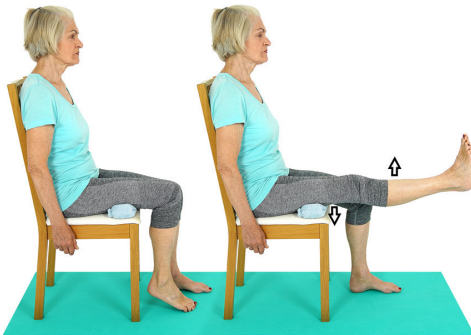


Exercise plan:
Knee Osteoarthritis Exercise Plan

Patient:
Neil Payne

Sitting Leg Straightener



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Sit down on a chair, and place a towel under your thigh. Pull your toes up, tighten the muscles in the front of your thigh (quadriceps muscles), and slowly pull your leg to a straight position. You will feel a stretch to the hamstring at the back of the thigh, and contraction of the quadriceps in the front of the thigh. Hold this stretch, and relax.

Hold for 2, repeat 10 times, rest for 60-90seconds, 3 times daily, 3-5 days per week times weekly, Both sides

Video: <https://youtu.be/xw2kw2gWp1Y>

1/4 Squat Supported



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Hold on to a table or chair for support. Open your legs slightly wider than shoulder width, and bend your knees to the 1/4 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. This is a strengthening exercise for the legs.

Hold for 2, repeat 10 times, rest for 60-90seconds, 3 times daily, 3-5 days per week times weekly, Both sides

Video: <http://youtu.be/NpKJwz27-JU>

Alternate Heel Kicks



© rehabmypatient.com

Standing, kick the heel towards the bottom of one leg and then go back to your start position, and then repeat with the other leg. Heel kicks are useful for warming up the hamstring muscle group (located at the back of the thigh).

Hold for 2, repeat 10 times, rest for 60-90 seconds, 3 times daily, 3-5days per week times weekly, Both sides

Video: <http://youtu.be/wHdwnGiYbps>



Leg Swing Side

Swing your leg to one side, and then the other, in a controlled way. If you feel comfortable, you can speed up. This exercise mobilises a stiff hip joint, and is a good dynamic warm up.

Hold for 2, repeat 10 times, rest for 60-90 seconds, 3 times daily, 3-5days times weekly, Both sides

Video: <http://youtu.be/4KAS7li6uEM>



Adductor Medicine Ball Squeeze Sitting

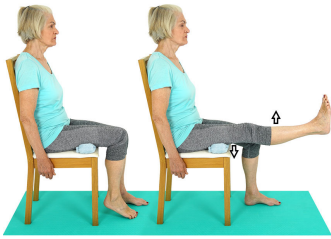
Sitting down, place a medicine ball between your legs, and squeeze. You will feel a muscle contraction along the inside of your legs and into your groin. This exercise is a strengthening exercise for the adductor muscle group.

Hold for 2, repeat 10 times, rest for 60-90seconds, 3 times daily, 3-5days times weekly

Video: <http://youtu.be/Lqsfv0IMpjU>

Dear Neil, some exercises may cause some discomfort but shouldn't cause any sharp pains. On a Pain Scale of 0-10 (with 10 being the worst pain you have ever felt), if you experience pain above 5-6/10 please stop the exercise and feel free to contact us for advice. If you have any questions with an exercise, just email us on info@back2frontphysio.com. Good luck and keep with it!

Exercise Diary:



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Sitting Leg Straightener

04. Nov (Week 1)							11. Nov (Week 2)							18. Nov (Week 3)							25. Nov (Week 4)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

02. Dec (Week 5)							09. Dec (Week 6)							16. Dec (Week 7)							23. Dec (Week 8)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T



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1/4 Squat Supported

04. Nov (Week 1)							11. Nov (Week 2)							18. Nov (Week 3)							25. Nov (Week 4)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

02. Dec (Week 5)							09. Dec (Week 6)							16. Dec (Week 7)							23. Dec (Week 8)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T



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Alternate Heel Kicks

04. Nov (Week 1)							11. Nov (Week 2)							18. Nov (Week 3)							25. Nov (Week 4)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

02. Dec (Week 5)							09. Dec (Week 6)							16. Dec (Week 7)							23. Dec (Week 8)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T



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Leg Swing Side

04. Nov (Week 1)							11. Nov (Week 2)							18. Nov (Week 3)							25. Nov (Week 4)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

02. Dec (Week 5)							09. Dec (Week 6)							16. Dec (Week 7)							23. Dec (Week 8)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

Adductor Medicine Ball Squeeze Sitting



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04. Nov (Week 1)							11. Nov (Week 2)							18. Nov (Week 3)							25. Nov (Week 4)						
F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T

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F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T