

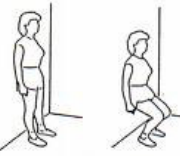
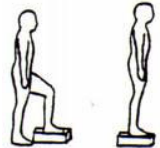


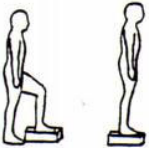






KNEE OSTEOARTHRITIS



Level 1 - Strengthening (Easiest)	Level 2 – Knee Strengthening (Intermediate)	Level 3 – Knee Strengthening (Most Difficult)
<p>Quadriceps Setting</p>  <p>Lie on your back. Tighten the muscle at the front of the thigh (quadriceps) and push back of knee into bed. Hold for 10 seconds. Relax for 5 seconds. Repeat ___ times. Perform ___ sets.</p> <p>Bridging</p>  <p>Lie on your back. Both knees bent and feet shoulder width apart. Tighten the muscles in your buttocks and raise your hips off the mat until your shoulder, hips and knees are in line. Hold for ___ seconds. Lower and repeat ___ times. Perform ___ sets.</p> <p>Wall Squats</p>  <p>Stand with your back against the wall the feet shoulder width apart, 12 inches from the wall. Lower your body until your knees are flexed to 90°. Keep your weight on your heels not your toes and your knees should not be in front of your toes. Hold for ___ seconds. Extend your legs. Repeat ___ times. Perform ___ sets.</p> <p>Step-ups</p>  <p>Stand behind step. Place the right/left foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right/left leg before switching to the other left. Repeat ___ times. Perform ___ sets.</p>	<p>Lunges</p>  <p>Stand with feet shoulder width apart. Step forward with the right/left leg and lower your body. Do not allow the knee to go forward beyond the toe. Push through your heel and return to the standing position. Repeat ___ times. Perform ___ sets.</p> <p>Bridging</p>  <p>Lie on your back. Both knees bent and feet shoulder width apart. Tighten the muscles in your buttocks and raise your hips off the mat until your shoulder, hips and knees are in line. Hold for ___ seconds. Lower and repeat ___ times. Perform ___ sets.</p> <p>Step-ups</p>  <p>Stand behind step. Place the right/left foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right/left leg before switching to the other left. Repeat ___ times. Perform ___ sets.</p>	<p>Walking Lunges</p>  <p>Stand with feet hip-width apart. Move your right foot forward, bending both knees and with the left knee pointing towards the floor; your right knee should not move beyond your toes. Keep your upper body straight. Before your back knee touches the floor, push up with your back left leg, forcing the weight of your body through your right heel, simultaneously bringing your left foot together with your right foot. Step forward using your left foot and perform another lunge. Perform ___ steps. Perform ___ sets.</p> <p>Ball Curls</p>  <p>Lay on your back on the floor with the heels on the ball and arms on the floor. Lift your buttocks up off the floor. Roll the ball in towards you by bending your knees and hips until your knees are directly above your hips. Straighten the legs again by pushing the ball away. Repeat ___ times. Perform ___ sets.</p>



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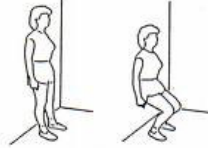


Clamshell



Lie on your side. Knees bent to 90°. Keeping your heels together, lift the top knee away from the bottom. Do not rotate your pelvis. Hold for ___ seconds. Lower and repeat ___ times. Perform ___ sets.

Wall Squats



Stand with your back against the wall the feet shoulder width apart, 12 inches from the wall. Lower your body until your knees are flexed to 90°.

Keep your weight on your heels not your toes and your knees should not be in front of your toes. Hold for ___ seconds. Extend your legs. Repeat ___ times. Perform ___ sets.

Hip abduction



Lie on your unaffected side, with the both leg bent and the top leg straight. Lift the top leg ___ inches. Hold for ___ seconds. Slowly lower and repeat ___ times. Perform ___ sets.

Wall Squats



Place a stability ball against a wall and gently lean against it, positioning the top of the ball into the small of your back. Your feet should be positioned 6 - 12" out in front of your body, feet hip-width apart and facing forward or turned out slightly. Slowly lower your body focusing on dropping your hips under the ball until your thighs are parallel to the floor. Slowly push your body up. Repeat ___ times. Perform ___ sets.

Step-ups



Hold ___ weight in each hand. Stand behind step. Place the right/left foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right/left leg before switching to the other left. Repeat ___ times. Perform ___ sets.

Hip Abduction (Side plank position)



Lie on your right/left side with your elbow under your shoulder. Lift hips up so your body is in a straight line. Raise your top leg ___ inches. Repeat ___ times. Lower your hips. Perform ___ sets.



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