

Home Exercise Program for Arthritis

- Perform all six exercises, in the order listed.
- After each exercise session, apply a bag of crushed ice or frozen peas to the knee for 20 minutes or until numb, keep the leg elevated, and apply a compression bandage to the knee.
- If pain or swelling increases at any time or if it does not improve after you have adhered to the program for 3 to 4 weeks, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercises for Arthritis

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hamstring curl (standing)	Hamstrings	20 repetitions/3 sets	4 to 5	3 to 4
Straight leg raise	Quadriceps	20 repetitions/3 sets	4 to 5	3 to 4
Hip abduction	Gluteus medius	20 repetitions/3 sets	4 to 5	3 to 4
Hip adduction	Adductor group	20 repetitions/3 sets	4 to 5	3 to 4
Straight leg raise (prone)	Gluteus maximus	20 repetitions/3 sets	4 to 5	3 to 4
Wall slide	Quadriceps, hamstrings	20 repetitions/3 sets	4 to 5	3 to 4

Hamstring Curl (Standing)

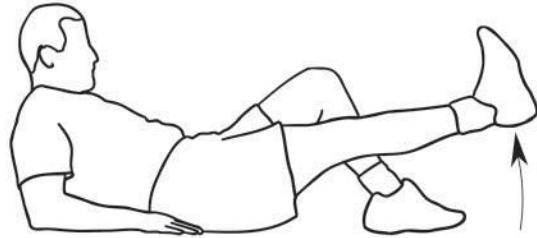
- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold on to the back of a chair or the wall for balance.
- Bend the affected knee, raising the heel of the affected leg toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



Arthritis of the Knee

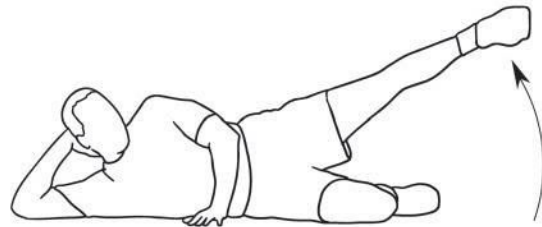
Straight Leg Raise

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



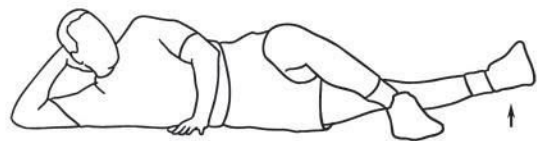
Hip Abduction

- Lie on your side with the affected side on top and with the bottom leg bent to provide support.
- Slowly raise the top leg to 45°, keeping the knee straight.
- Hold this position for 5 seconds.
- Slowly lower the leg and relax it for 2 seconds.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



Hip Adduction

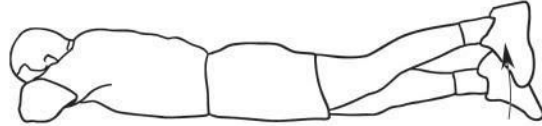
- Lie down on the floor on the side of your affected leg with both legs straight.
- Cross the unaffected leg in front of the affected leg.
- Raise the affected leg 6 to 8 inches off the floor.
- Hold this position for 5 seconds.
- Lower the leg and rest for 2 seconds.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



Arthritis of the Knee

Straight Leg Raise (Prone)

- Lie on the floor on your stomach with your legs straight.
- Tighten the hamstrings of the affected leg and raise the leg toward the ceiling approximately 6 inches. Tighten your stomach muscles to avoid arching your back.
- Hold this position for 5 seconds.
- Lower the leg and rest it for 2 seconds.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



Wall Slide

- Lie on your back with the unaffected leg extending through a doorway and the affected leg extended against the wall.
- Let the foot gently slide down the wall.
- Hold this position of maximum flexion for 5 seconds and then slowly straighten the leg.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.

