KNEE REHAB OA PRESENTATION

Created by Barnstaple Alliance Primary Care Network Mar 20th, 2025
View videos at www.HEP.video

COMMENTS

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.

You should work within pain tolerance.

It is normal to experience pain during rehab, but this should be kept to within three to four out of 10 on a pain scale.

If you are working into symptoms, you need to reduce your repetitions, the resistance, the sets, or how long you hold the exercise for.

It is normal to feel pain during rehab. However, it is important to know that this is not harmful.

Bear in mind, if you are exercising into pain, your symptoms are likely to continue.

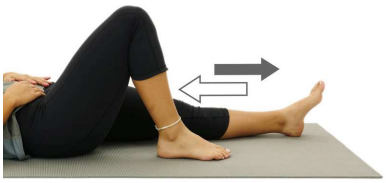
It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.

To help manage your pain, you can use thermal applications such as heat or ice packs. Make sure you protect your skin when doing this to avoid burns. Apply for 15 minutes, provided your skin is protected and you are not applying it to an area of reduced sensation.





HEEL SLIDES - SUPINE

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.

Video # XV5VDSBVC

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



QUAD SET - TOWEL UNDER KNEE

Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Video # XVZX9SBMZ

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



SHORT ARC QUAD - VASTUS MEDIALIS - SAQ - VMO

Place a rolled up towel or object under your knee. Position your leg rolled out to the side. Your foot should be pointed out to the side at about 45 degrees.

Begin by slowly straightening your knee as your raise up your foot. Lower back down and repeat.

Video # XVEHTG8GL

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



LONG ARC QUAD - LAQ - KNEE EXTENSION

Start in a seated position with your knee bent as shown, slowly straighten your knee as you raise your foot upwards as shown. Return to starting position and repeat.

Video # XVMRA2SX5

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



SIT TO STAND - NO SUPPORT

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Once upright, clench your gluteal (buttock) muscles and hold for 5 seconds.

Video # XVRJFVUEK

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat. Keep knees in-line with one another.

Video # XVZVH75XL

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day





Bridges

-Start by lying supine on table or floor.
-Knees bent and feet flat down.
-Press up through the hips and lift the butt off of the table or floor.
-Squeeze the glutes; engage the core.
-Slowly lower hips and glutes back down.

-Condition and Functionality: Tones and strengthens glute muscles and core muscles; bed mobility
-Muscles: Hip flexors, core, hamstrings, glutes.

BE AWARE - this can aggravate your lower back. If this happens, follow the above advice and reduced the range, length or hold, number of repetitions or sets, so you are able to perform this without aggravating your back.

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day