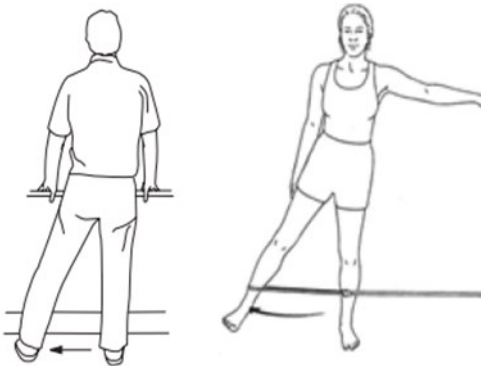


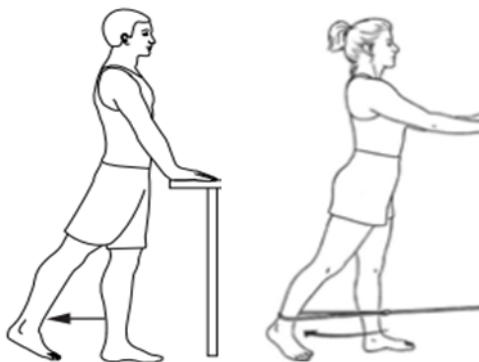
Home Exercises for Osteoarthritis

Perform one set of exercises with the first leg and then switch to the other. Aim for an equal number of repetitions on each leg (eg. 10 reps). Do 2 or 3 sets of each of the exercises, as tolerated. **For standing exercises, please use support, like a chair, table or counter top to help with balance. Do not hesitate to contact a physiotherapist or exercise professional for help with exercises.**

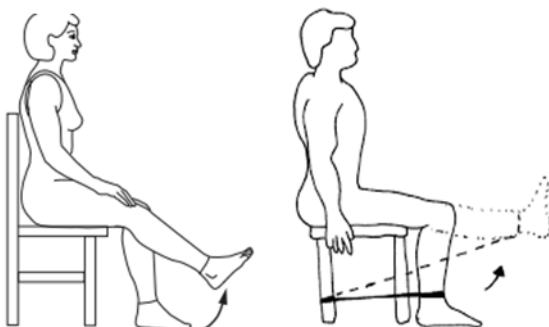
Warm up for 5-10 minutes prior to beginning these exercises by: walking, walking on the spot lifting your knees, riding a stationary bike.



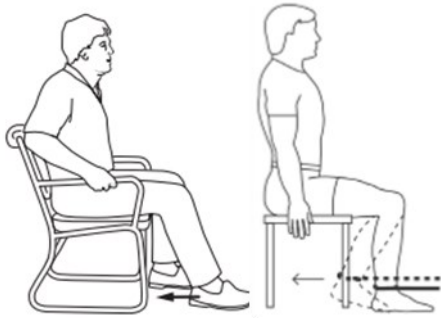
Standing on one leg, with feet facing forward. Move one leg outward and away from the other (make sure to not turn the foot out, but rather lead with the heel, maintain a level pelvis - do not hike up your hip, do not lean to the side) Progress to using resistance band at your ankle.



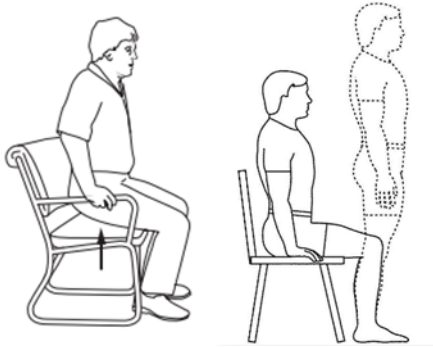
Standing on one leg, with feet facing forward. Move one leg backward, maintaining good standing posture – do not lean forward. Progress to using resistance band at your ankle.



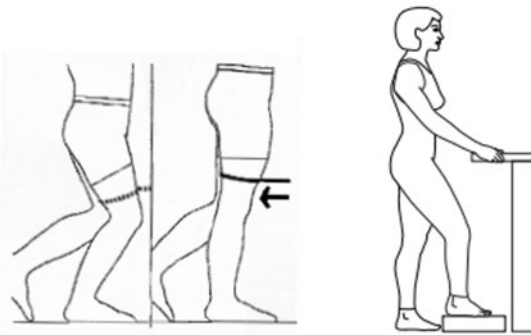
Sitting in a chair with knees bent. Straighten one knee until it is fully straight, then lower back to original position. Progress to using resistance band at the ankle, securing other end to the chair leg.



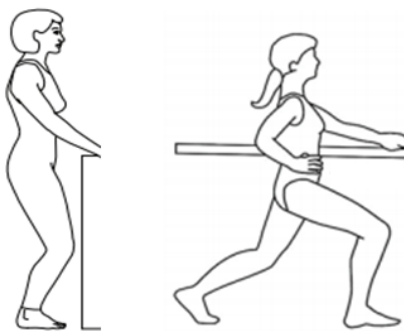
Sitting in a chair with knees bent and feet flat on floor. Slide one foot along the floor, under the chair. Progress to using resistance band at the ankle, securing the other end to a stationary object.



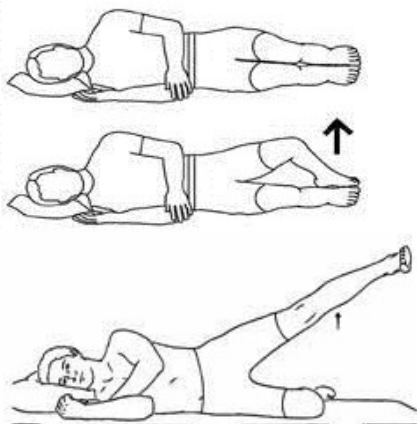
Sitting in a chair, move from sitting to standing position, using as little support from arms as possible. An in-between progression is sit to stand from a cushion on the chair with no arm support. Further progression is sit to stand without using arms.



Standing with weight primarily on one leg, knee slightly bent. Straighten knee on the stance leg. Progression is adding resistance band behind thigh. Further progression is stepping up onto a short step, without pushing off of opposite leg.



Standing on both legs, bend knees and simultaneously move one leg backwards. Use a table or top of a chair to assist with balance, if needed. Bring the back leg forward, while simultaneously straightening both knees.



Lie on one side with both hips and knees bent. Keep heels together, and lift top knee off of bottom knee (without rolling body backward). Lower the top knee back, with control. Progression - straighten out the top leg, and raising the top leg off the bottom leg, leading with your heel towards the ceiling.