

Learn what you can do to get relief
from knee osteoarthritis.

Knee Arthritis Exercises & Precautions

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WEIGHT REDUCTION:

Weight reduction is one of the most important measures in the fight against knee osteoarthritis. Just keep in mind that if you lose 5 kgs weight, there is at least 5 kg less load on the knee with every step you walk. To determine whether you are overweight, calculate your body mass index (BMI) using any of online calculators such as www.calculator.net. If your BMI is over 25 kg/sq.m, weight loss will help you get relief from knee arthritis. This can be done through a good diet plan that will help you lose weight while preserving your nutritional status.

ACTIVITY MODIFICATION:

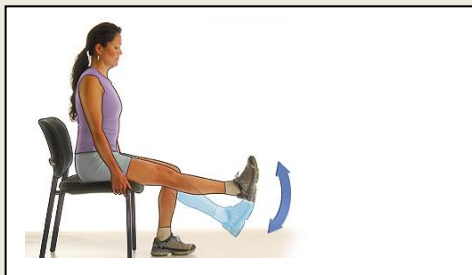
1. Do not sit on the floor
2. Do not squat (squatting is the position we use to sit in an Indian style toilet)
3. Minimize use of stairs
4. Totally avoiding walking weakens the knee muscles over time and arthritis worsens. Walking as an exercise can be done 15-20 minutes per day.
5. Cycling and swimming are excellent exercises for people with arthritis
6. Use soft-sole footwear

EXERCISES:

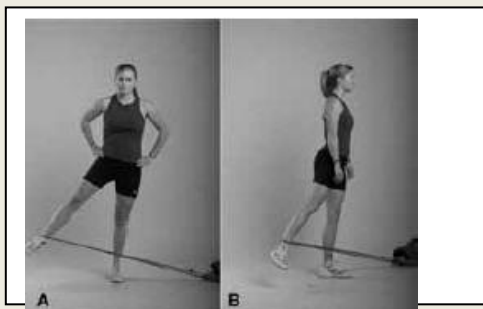
Exercises play an important role in maintaining strength of knee muscles and balancing the knee. This helps in distributing the load more evenly and reduces peak stresses. The following set of exercises are recommended in general for knee arthritis. Each exercise should be done as a set of 10 and it is good to do 2-3 sets per day. You can learn these exercises from a therapist and do it the correct way. If you are having pain with any of the exercises, the exercise would need to be modified or stopped in consultation with your doctor or therapist



1. Keep a folded towel under the knee with the foot pointing directly up. Press the knee down for 3 seconds and relax. Repeat 20 times. Do this 2-3 times a day.



2. While sitting in a chair, straighten your leg and hold for 3 seconds. Then lower your leg and rest for up to 5 seconds. Repeat 20 times. Do 2 times every day.



3. Stand with your hands supported on a table and take your leg to the side and behind as shown in the diagram. Hold for 3 seconds. Then lower your leg and rest for up to 5 seconds. Repeat 20 times. Do 2 times every day.



4. Stand with both feet slightly apart and rotated outward. Bend your knees and hips as shown. Lower your hips only a few inches. Never lower your hips below the knees. Hold for 3 seconds and rise. Repeat 20 times