

PRIDEPLUS HEALTH

# PRIDE.FIX HIP & KNEE

At home exercise plan for arthritis affected hips  
and knees

If you have an osteoarthritis affected hip, knee or both then you'll need to make sure you're completing regular appropriate exercises.

More from our physiotherapists

[WWW.PRIDEPLUS.COM.AU](http://WWW.PRIDEPLUS.COM.AU)



# ARTHRITIS PAIN

## DOES NOT = DAMAGE

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Joints love loading.

Full Stop.

There is a lot of misconception that osteoarthritis (OA) is a “wear and tear” condition.

This leads to the belief that one should avoid further aggravation to the joints by loading it further.

Contrary to this, studies found that resistance training of the legs for at a minimum period of 3 months significantly improves pain and physical function.

Weakness of the thigh & hip muscles and stiffness of the joints are also common features for people with osteoarthritis.

The exercises below will address these issues and help you improve your pain.

Participation in Pride.Fix involves physical activity. You should consult your doctor or other health care professional before starting this or any other fitness program to determine if it is right for your needs. Participation in this Program is purely voluntary, and PridePlus Health does not assume any liability.



### Sit to Stand

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#### Quadriceps

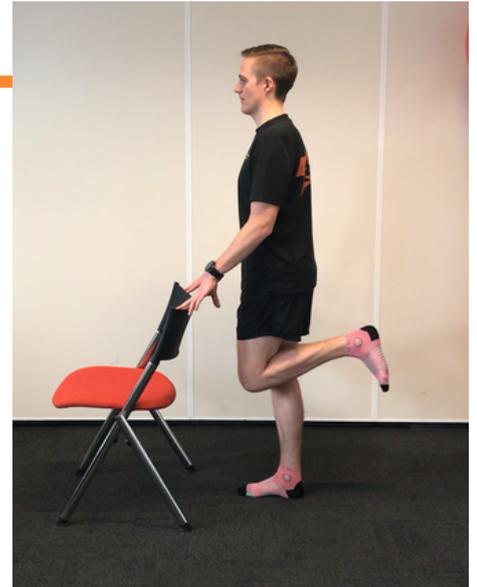
- Start with a single, armless chair
- Hands out in front
- Slowly lower your bottom to the chair
- If you can avoid resting completely on the chair, just touch your backside down, rise up again
- Do these as slow as you can
- 10 reps is a good starting point

### Standing Knee Flexion

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#### Hamstrings

- Start standing behind a chair for balance
- Feet shoulder width apart
- Flex your knee and bring your heel back up towards your bottom
- Hold, slowly straighten your knee again
- Repeat 20 times
- Add weight with an ankle weight as you build strength



### Knee Extension

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#### Quadriceps

If your knee is sensitive to loading it may not be able to take your body weight yet. Instead, select an ankle weight and perform reps of this exercise

- Start sitting on a stool/chair
- Straighten your knee out in front of you
- Hold, slowly lower back and repeat
- Complete 20 reps



### Hip Abduction

#### Hip abductors

- Start holding onto the back of a chair for support
- Stand tall, face forwards
- Slowly slide your foot outwards and keep it pointing straight ahead
- Repeat 10 x

### Glute Bridges

#### Gluteal Muscles

- Lay on your back and position your feet close to your bottom
- Gradually tuck your tail bone up feeling for your abs, glutes and back muscles
- Maintain a slight arch in your lower back and slowly lift your bottom up

You might need some closer coaching with this one as it's a bit tricky for beginners



### Calf Raises

#### Calf Muscle Group

Strengthening the balance muscles in the calf is a proven way to reduce knee arthritis pain

- Start holding onto the back of a chair for support
- Stand tall, face forwards
- Slowly rise up onto your toes, keeping your bodyweight through your big, not little toes
- Hold, slowly lower back and repeat
- Move from two feet to one foot at a time if you can



# TOP TIPS

**START TODAY**

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**NEED ASSISTANCE?  
BOOK IN WITH OUR  
EXPERTS**



- Hip and knee arthritis is incredibly common and we know what works (exercise). It takes time to get the benefits so aim to be consistent
- Don't over do it on the first session. It's important to get the technique correct for each exercise so you can complete them as safely as possible
- Take a day off if you need it. Overdoing it is a common training error
- Experiment with different weights, but be smart. You won't help yourself being a hero going straight to the heavy weights. Also, if the weights aren't heavy enough for you you're wasting your time
- Have Fun! Exercise needs to be part of our lives and so finding the joy in working out is really important
- Be social but distant. Try exercising with a friend over Zoom/Facetime and encourage each other

**HOW DID YOU GO?**

**TAG US IN YOUR WORKOUT VIDEOS**

