

What you need to know about your knees!



KNEELY FUN FACTS!



Xray vision isn't always a good thing! Your scans are often very different to your pain and are a poor indication of severity of your arthritis.

No one wants to hear it but everyone knows it!! Rest and avoidance make pain worse, exercise is key!! Of course graded to suit your knees.

Pain does not always mean damage!

EXERCISE IS YOUR FRIEND....

Firstly you need to find one you enjoy!
It could be line dancing, walking, riding, bowls.
Once you find one you enjoy then listen to your practitioner and try the following exercises
Walking would be the first one to try!!



FUNCTIONAL EXERCISES (MY FAVOURITE) - STEP UPS

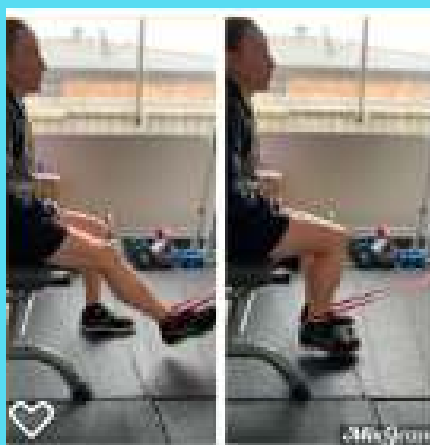
Step up onto a low step. Then step backward to the starting position. Repeat this 10-15 times on each leg making sure you don't lose your balance.

CHAIR STANDS/BOX SQUATS

Start off sitting on a chair or bench. Have your feet even around shoulder width apart. Push up though both of your feet evenly. If you need to use a chair with arms to begin with that's a great option. Make sure you lower yourself down slowly and controlled. Repeating this 10 times for 3 sets.

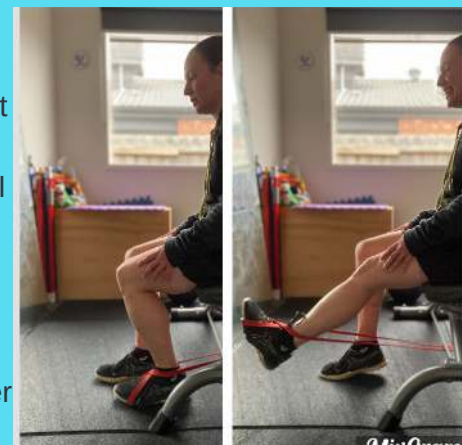


KNEE STRENGTH



Knee flexion – Start with a light resistance band around one foot. Sit at the front of the chair to allow full range of movement when bending and straightening your knee. Pull the leg backwards against the band and bend your knee. 3x10-15 each leg

Knee extension - Place the centre of a resistance band under one foot and tie the other end under the chair or table. Bend and straighten your knee against the band. 10-15 each leg .



ABSOLUTELY FABULOUS PELVIC TILTS



Pelvic lifts- Lie on your back with your legs resting on top of the fitball. Lift your hips off the floor and push your hips toward the ceiling, then go back to the starting position. 3 x 10-15.