Knee osteoarthritis — Exercises at home

Maintain comfortable movement and muscle strength, adjusting exercise to pain and swelling.

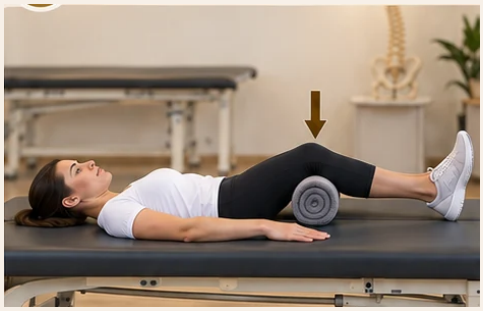

Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Heel slides

Lie on your back. Slide your heel slowly towards your bottom, then extend the knee again. Keep within a comfortable range.

Starting amount: 6–10 ×

02 Quadriceps setting

Lying down, tighten the front thigh and gently press the knee towards the support, then relax.

Starting amount: 6–8 × · 5 s

03 Seated knee extension

Sit upright, straighten one knee slowly and lower the lower leg with control.

Starting amount: 6–10 ×

04 Straight-leg raise

Bend one knee. Keep the other leg straight with the thigh tightened, lift it slightly and lower slowly.

Starting amount: 6–10 ×

05 Sit to stand

Stand up slowly from a stable chair and sit down with control; use your hands if needed.

Starting amount: 6–10 ×

06 Mini squat

Hold a stable support, shift the hips slightly back, bend the knees a little and return upright.

Starting amount: 6–10 ×

07 Rest with legs elevated

Lie down and comfortably support the lower legs in a raised position. This is a resting position, not strengthening exercise.

Starting amount: as needed

Safety & when to stop

If the knee becomes hot, red, markedly swollen or locked, stop and seek medical assessment.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.