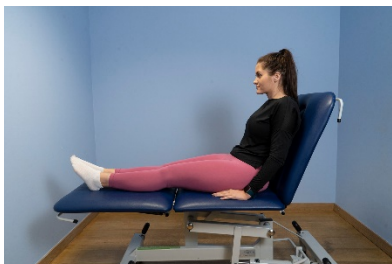# Knee Osteoarthritis
Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.
Pain should not exceed 3/10 whilst completing this exercise programme.

10 reps / 2-3 sets / 1-minute rest

1. Heel slide

- Lay flat on your back or sit supported upright with the legs out straight on a flat, smooth surface – preferably wearing socks to reduce friction.
- Slowly slide your heel along the surface up towards you by bending the knee, ensuring your knee remains in line with the hip and ankle.
- Bring the heel as close to the hip as possible.
- After a 2 second hold, begin straightening the knee by sliding the heel away from you.
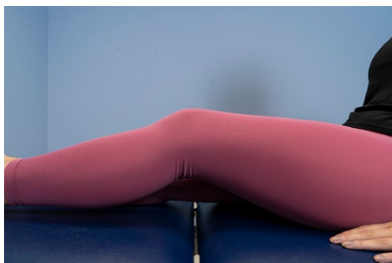
10 reps / 2- 3 sets / 1-minute rest

2. Inner range quads

- Lay flat on your back or sit supported upright with the legs out straight.
- Position a pillow/rolled up towel under the knee to support it in a slightly bent position.
- Push the back of your knee down into the towel/pillow by tightening the muscles at the front of your thigh – your heel may come off the floor.
- Hold the squeeze with moderate pressure for 5 seconds before gently releasing the pressure.

10 reps / 2-3 sets / 1-minute rest

3. Straight leg raise

- Lay flat on your back or sit supported upright with the targeted leg out straight and the resting leg bent.
- Squeeze the muscles at the front of your thigh to push the knee straight.
- Maintain a straight knee whilst raising the whole leg up towards the ceiling.
- Hold at the top for 5 seconds and then slowly lower the leg back down and gently release the pressure.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.