

Therapeutic Exercises for Osteoarthritis of the Hip and Knee

Standing leg exercises

Do all of these exercises **3 times a day** on your affected side.

Do each exercise **20 times**.

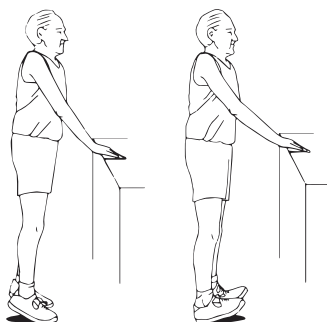
Hold onto a solid rail or kitchen counter at home when doing these exercises.

Look straight ahead when doing these exercises.

Toe ups

Gently rise up on toes, and hold for 3 seconds.

Then rock back on heels, and hold for 3 seconds.

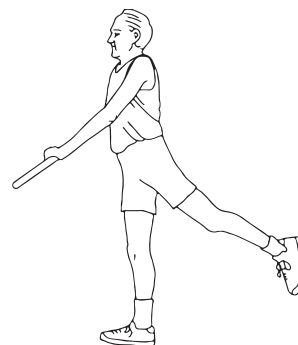


Leg-kickback

Stand straight holding onto a support.

Bring your leg backward, keeping knee straight, and hold for 3 seconds.

Do not lean forward.

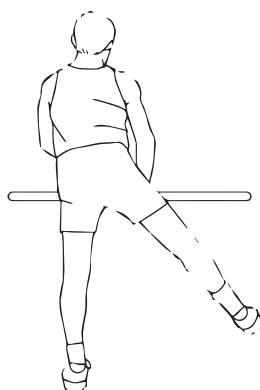


Leg-sideways lift

Stand straight holding onto a support.

Lift your leg sideways, hold for 3 seconds and bring it back.

Keep your trunk straight during this exercise.



Knee bends

Hold onto support for balance.

Slowly bend knees, and hold for 3 seconds.

Keep both feet on the floor.



Marching

Hold onto support.

Lift knee.

March on the spot.

