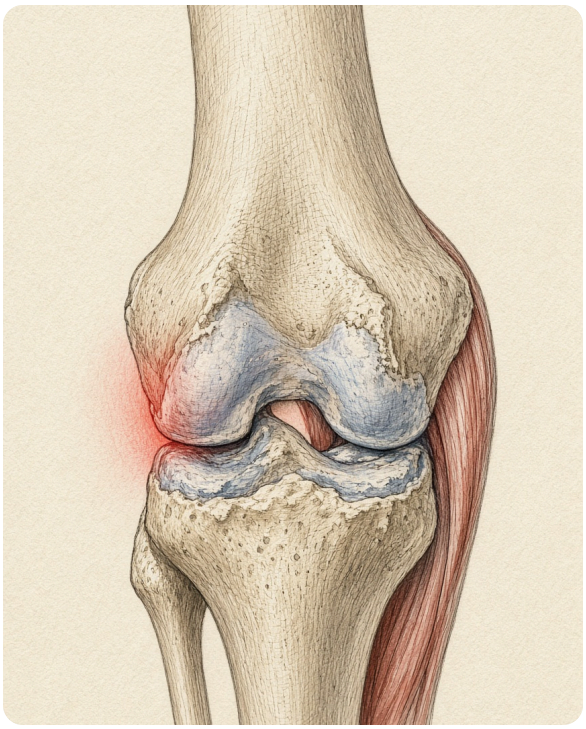
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PATIENT GUIDE

Knee Osteoarthritis

Constant knee pain and the joint hurts? It could be **knee osteoarthritis.**

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What is knee osteoarthritis?

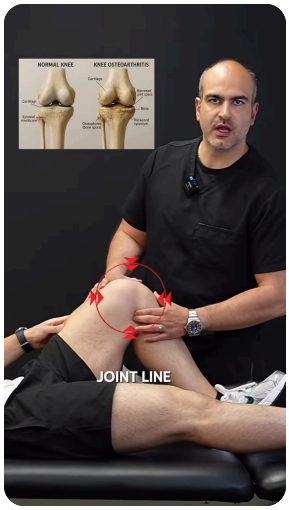
Knee osteoarthritis is when the cartilage in the knee gradually wears down. As it thins, the bone reacts to the extra stress by forming small bony deposits that disrupt the normally smooth joint line, so most knee movements can become painful. Pain is usually along the inside of the joint, and full bending or straightening is often hard. It's best managed with the right exercises, rest and recovery, and sometimes a brace.

QUICK CHECK

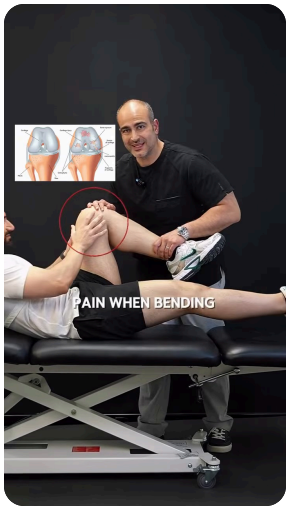
Does this sound like you?

- [ ] Pain when **touching along the joint line**, often on the inside
- [ ] Pain when **bending** the knee
- [ ] Pain when **straightening out** the knee
- [ ] Trouble getting the knee **fully straight or fully bent**
- [ ] Pain with most knee movements, or **constant** pain

If you ticked a few boxes, osteoarthritis could be part of the picture. Try the 3 exercises on the next pages.



Pain along the joint line



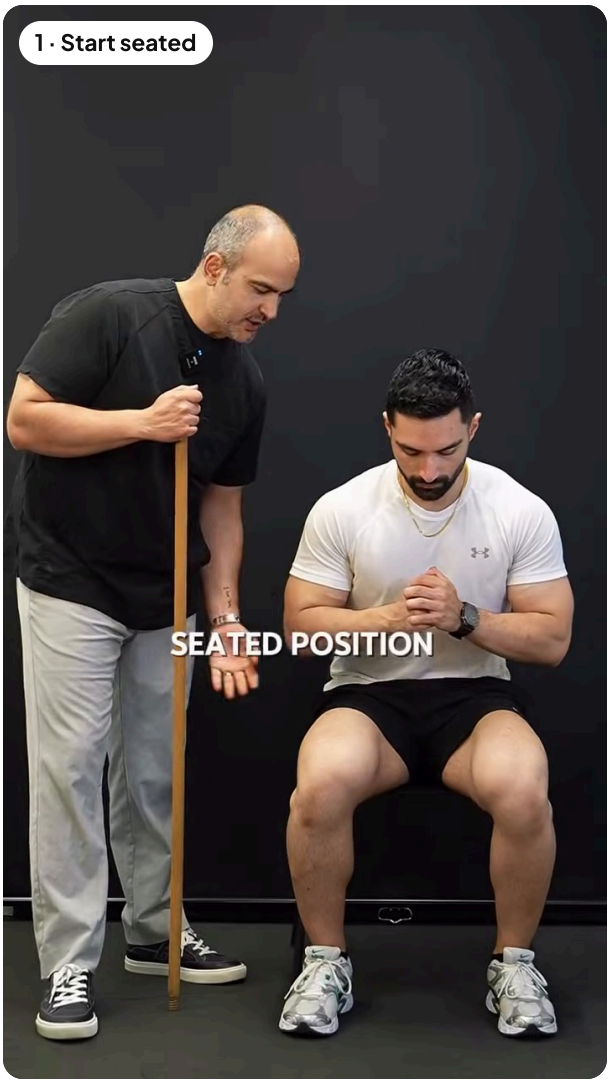
Pain when bending the knee

YOUR 3 EXERCISES

Try these exercises

1 Seated hover

Strengthens the quads and glutes for getting up from a chair





1. **Start from a seated position.**
2. **Lift your hips off just a little bit**, just to let some daylight through.
3. **Hold it for three seconds.**
4. **Sit back down** and repeat.

3 sets of 10–15 reps, hold **3 s**

Hold from Armin's video; sets and reps suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Seated straight leg over an object

Builds quad strength with the knee fully straight (terminal knee extension)





1. Sit at the edge of a bench. **Activate the quadricep muscles.**
2. **Keep the knee locked** and straighten it out, getting that full terminal knee extension.
3. **Lift the leg straight over an object** (like a kettlebell) and come right back.
4. Keep the knee **locked and fully extended** the whole time, and repeat.

3 sets of 10–15 reps, slow and controlled

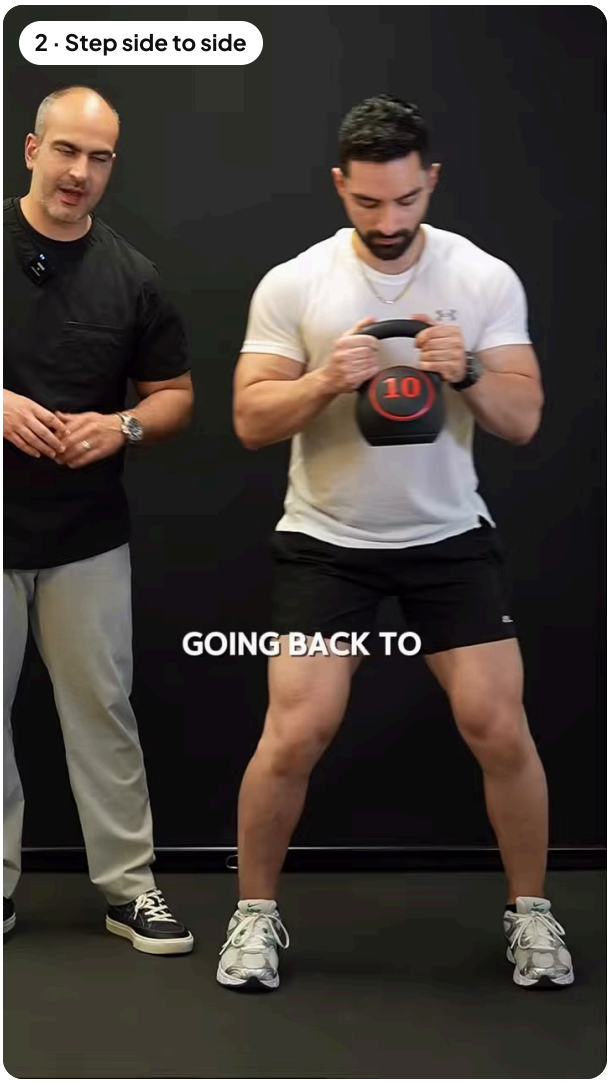
Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Quarter-squat side steps

Builds quad and hip strength in a knee-friendly position





1. **Get into a quarter squat position.**
2. **Take some side steps**, coming to the right and then going back to the left.
3. **Maintain contraction on the quads**, without irritating the knees while you're doing it.
4. **Hold on to some weight** if you need some extra resistance.

3 rounds of about 10 steps each way

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Seated hover, 3 × 10–15

02
Activate
Straight leg over an object, 3 × 10–15

03
Load
Quarter-squat side steps, 3 rounds

The 3-second hold is from Armin's video; sets, reps and doing it once a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

A little achiness that settles within a few hours is normal with arthritis. If pain or swelling is worse the next day, ease back the reps or depth.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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