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Knee Pain Exercises



This leaflet has been provided by **Arthritis Research UK**, the national charity committed to preventing the onset of arthritis, developing a cure for arthritis and transforming the lives of those with arthritis.

This leaflet provides simple exercises that may help with knee pain.

- Knee pain can be caused by a number of different things. Whatever the cause, **exercise** and keeping to a **healthy weight** can reduce symptoms.
- You can take **painkillers** to ease pain. Taking them before exercise can help you stay active without causing extra pain.
- Try the exercises suggested here to help ease pain and prevent future symptoms.

Sit/stands



- Sit on a chair.
- Without using your hands for support, stand up and then sit back down.
- Make sure each movement is slow and controlled.
- Repeat for 1 minute.
- As you improve, try to increase the number of sit/stands you can do in 1 minute and try the exercise from lower chairs or the bottom two steps of a staircase.

Leg stretch



- Sit on the floor with your legs stretched out in front.
- Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched.
- Hold for 5 seconds.
- Straighten your leg as far as you can and hold for 5 seconds.
- Repeat 10 times with each leg.

Leg cross



- Sit on the edge of a table or bed.
- Cross your ankles over.
- Push your front leg backwards and back leg forwards against each other until the thigh muscles become tense.
- Hold for 10 seconds, then relax.
- Switch legs and repeat.
- Do 4 sets with each leg.

Step ups



- Step on to the bottom step of stairs with the right foot.
- Bring up the left foot, then step down with the right foot, followed by the left foot.
- Repeat with each leg until you get short of breath.
- Hold on to the bannister if necessary.
- As you improve, try to increase the number of steps you can do in 1 minute and the height of the step.

Knee squats



- Hold on to a chair or work surface for support.
- Squat down until your kneecap covers your big toe.
- Return to standing.
- Repeat at least 10 times.
- As you improve, try to squat a little further.
- Don't bend your knees beyond a right angle.

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