

Prepared for: _____

Prepared by: _____

Home Exercise Program for Arthritis

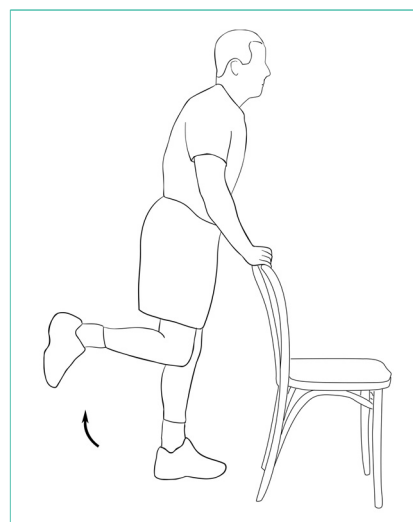
Perform all five exercises, in the order listed.

- After each exercise session, apply ice (such as a bag of crushed ice or a bag of frozen peas) to the knee for 20 minutes or until numb, keep the leg elevated, and apply a compression bandage to the knee.
- If pain or swelling increases at any time or if it does not improve after you have adhered to the program for 3 to 4 weeks, call your doctor .

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hamstring curls (standing)	Hamstrings	20 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises	Quadriceps	20 repetitions/3 sets	4 to 5	3 to 4
Hip abduction	Gluteus medius	20 repetitions/3 sets	4 to 5	3 to 4
Hip adduction	Adductor group	20 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises (prone)	Gluteus maximus	20 repetitions/3 sets	4 to 5	3 to 4
Wall slides	Quadriceps, hamstrings	20 repetitions/3 sets	4 to 5	3 to 4

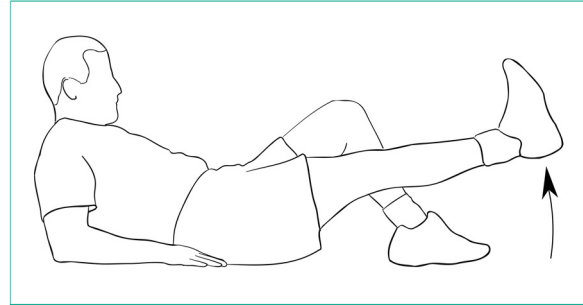
Hamstring Curls

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold onto the back of a chair or the wall for balance.
- Bend the injured knee, raising the heel of the affected leg toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



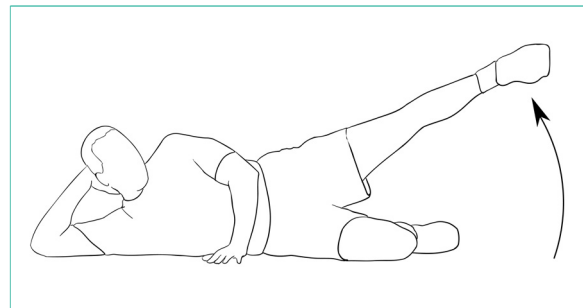
Straight-Leg Raises

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the injured leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the injured leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



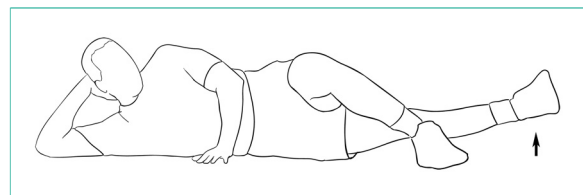
Hip Abduction

- Lie on your side with the injured side on top and with the bottom leg bent to provide support.
- Slowly raise the top leg to 45°, keeping the knee straight.
- Hold this position for 5 seconds.
- Slowly lower the leg and relax it for 2 seconds.
- Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



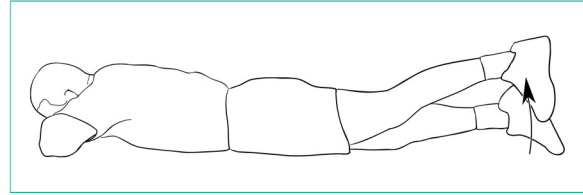
Hip Adduction

- Lie down on the floor on the side of your injured leg with both legs straight.
- Cross the uninjured leg in front of the injured leg.
- Raise the injured leg 6" to 8" off the floor.
- Hold this position for 5 seconds.
- Lower the leg and rest for 2 seconds.
- Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



Straight-Leg Raises (Prone)

- Lie on the floor on your stomach with your legs straight.
- Tighten the hamstrings of the injured leg and raise the leg toward the ceiling as far as you can.
- Hold this position for 5 seconds.
- Lower the leg and rest it for 2 seconds.
- Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.



Wall Slides

- Lie on your back with the uninjured leg extending through a doorway and the injured leg extended against the wall.
- Let the foot gently slide down the wall.
- Hold this position of maximum flexion for 5 seconds and then slowly straighten the leg.
- Perform 3 sets of 20 repetitions, 4 to 5 days a week, continuing for 3 to 4 weeks.

