

## Common Strengthening Activities for Hip and Knee Arthritis

- Knee Straightening



While seated, straighten your knee. Focus on squeezing your thigh. Pause briefly, then slowly lower toward the floor. Add an elastic band or ankle weight around your ankle to make it harder.

- Knee Bending



While standing, bend your knee, bringing your heel toward your hip. Keep your hip straight. Pause briefly, then slowly lower foot back toward the floor. Add an elastic band or your ankle weight around ankle to make it harder.

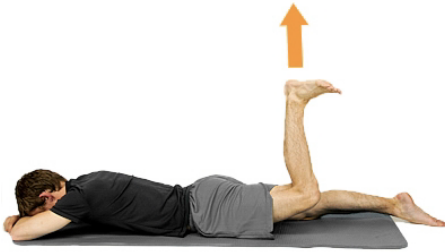
- Leg Lifts



While lying on your side, bend your bottom knee and place your top hand on the floor. Keep your top leg straight and lift it up toward the ceiling. Keep your toes pointed forward the entire time, and your top leg in line with your body. Pause briefly, then slowly lower leg toward the floor. This can be done standing as well.

- Kick-ups

While lying on your stomach, bend one knee so the bottom of your foot is facing the ceiling. Keep your knee bent, and kick that leg up towards the ceiling. Focus on squeezing your buttock. Slowly lower toward the floor. Add an ankle weight to make it harder.



- Heel Raises

While standing, raise up onto your toes. Pause for 1 second, then slowly lower down. Hold weights in your hands or perform on one leg to make it harder. Perform in a seated position to make it easier.



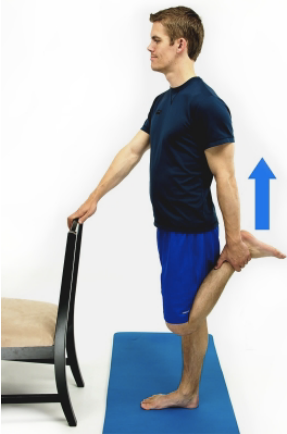
## Common Stretching Activities for Hip and Knee Arthritis

- Knee Cap Slides



After warming up on the stationary bike or elliptical for 5-7 minutes, sit with your legs straight out in front of you. Be sure to relax your thigh muscle. Place your hands along one side of your knee cap, as shown in the picture, and push in one direction until you feel tightness. Hold at the point of mild tightness for 2-3 minutes. Do not push up or down, push directly sideways, up, or down. Repeat in all directions.

- Thigh Stretch



While standing, bend one knee and grab that ankle, pulling your foot toward your hip. Keep your hip straight. Hold at a position of mild tightness for 1 minute. Rest 15 seconds and repeat 3 times each side.

- Hip Stretch



While lying on your back, bend your knees so your feet are flat on the floor. Place right foot on your left thigh. Reach underneath your right leg and grab the back of your left thigh with both hands. Pull your left thigh towards your chest. Pull until you feel mild tightness in your right buttock, hold for 1 minute. Rest 15 seconds and repeat 3 times each side.