

Knee Osteoarthritis

Wear-related knee pain and stiffness. Progressive strengthening of the thigh and hip is the first-line treatment — intensity drives the benefit.

KNEE

1

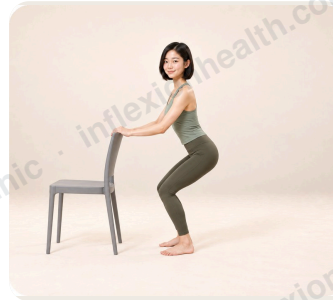


Sit-to-Stand

3 × 10–15 → add weight

- Stand from a chair without using hands.
- Knees track over the toes.

2



Mini Squat

3 × 10–15

- Bend knees to 45°, weight through the heels.
- Deeper and slower as it eases.

3



Step-Up

3 × 10 each leg

- Step onto a low step; control the way down.
- Raise the step height to progress.

4



Standing Hamstring Curl

3 × 12 each

- Hold support; bend the heel toward the buttock.
- Add an ankle weight.

5



Straight Leg Raise

3 × 10 (entry level)

- Tighten the thigh; lift the leg 30 cm, lower slowly.
- Add an ankle weight, then move on to 1–3.

6



Cycling / Walking

20–30 min most days

- Low-resistance cycling is very knee-friendly.
- Build time before speed.

HOW OFTEN

Strength 3× per week for 12 weeks — 3 sets to fatigue, adding load when it feels easy. Cardio most days.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Hot, red, suddenly swollen knee or inability to bear weight — seek review.