



OSTEOARTHRITIS KNEE EXERCISE PROGRAM

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bio page

Mark Channer, MD

Dr. Channer is a board certified, fellowship trained Orthopedic Physician. He specializes in total knee joint replacement and total hip joint replacement surgery. Dr. Channer likes to work with his patients to make informed decisions about the right time for surgery. Dr. Channer now offers his patients the option of the Anterior Approach for hip joint replacement surgery.

OSTEOARTHRITIS KNEE EXERCISE PROGRAM

This exercise program is specifically designed to strengthen muscles surrounding the Knee. It is essential that each exercise is understood and performed properly.

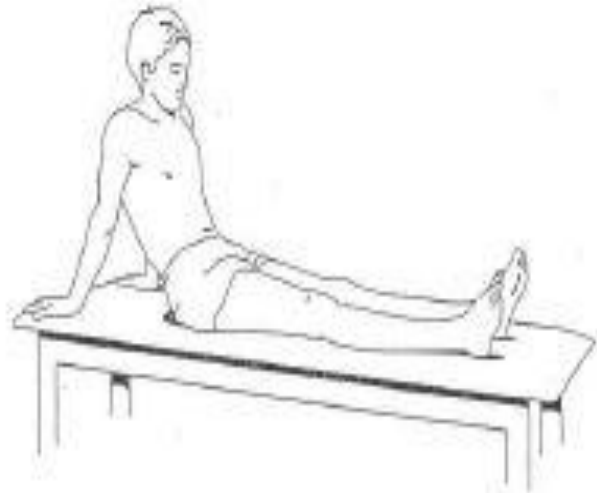
It is recommended that a licensed physician, physical therapist, or athletic trainer provide instruction on each exercise to ensure all patients perform them correctly in order to receive the maximum benefit.

Not everyone will be capable of doing all of the exercises or completing the recommended number of repetitions. However, each individual should strive to complete 10 repetitions for each exercise 2 times a day.

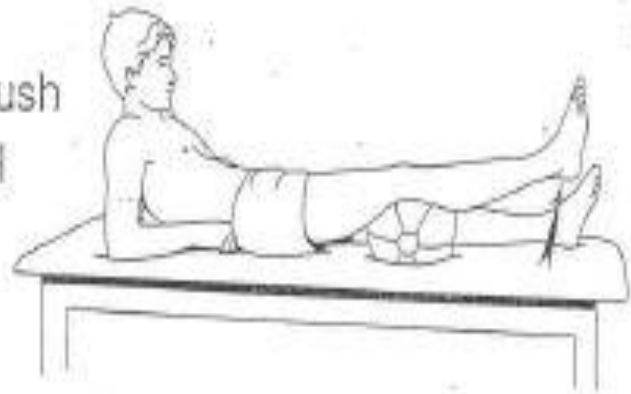
Keep in mind; it takes several weeks to see results. Find a specific time and place to exercise and make this a part of your daily routine.

Instructions:

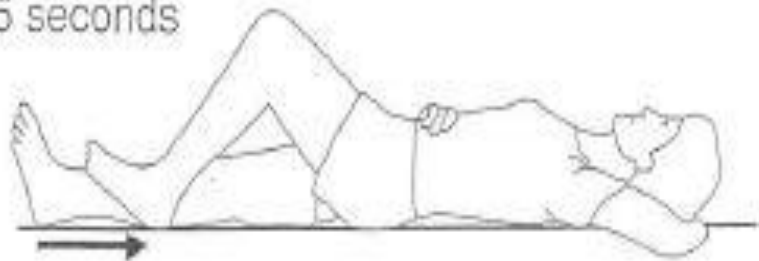
1. Tighten thigh muscle and push back of knee into the bed. Hold 5-10 seconds. Repeat 10 times.



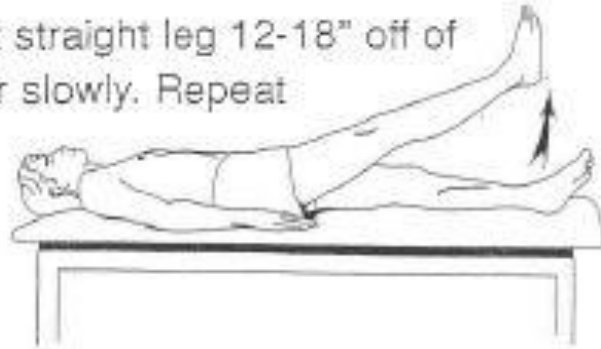
2. With a roll under your knee, push knee down into roll, lifting heel off of bed. Hold 5-10 seconds. Repeat 10 times.



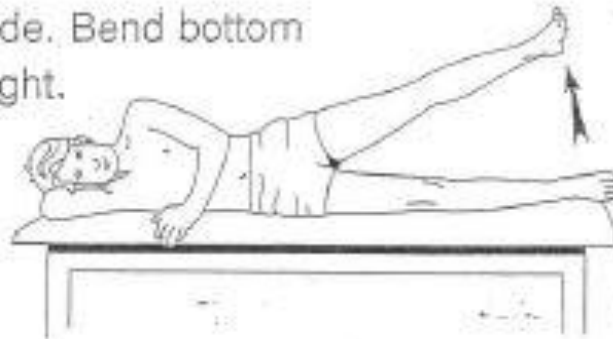
3. Lying on your back, slide your heel up and bend your knee as far as you can. Hold 3-5 seconds and slide back down slowly. Repeat 10 times.



- Keep your knee straight and lift straight leg 12-18" off of bed. Hold 5 seconds and lower slowly. Repeat 10 times.



5. Lie on your _____ side. Bend bottom knee and keep top knee straight. Lift top leg straight toward ceiling. Do not roll forward or backward. Hold 5 seconds. Repeat 10 times.



6. Lie on your stomach, keep your hips flat on the bed and bend your knee as far as you can. Hold 5 seconds and lower slowly. Repeat 10 times.

