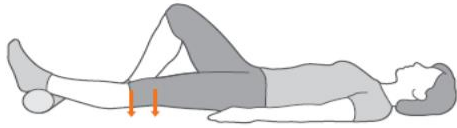
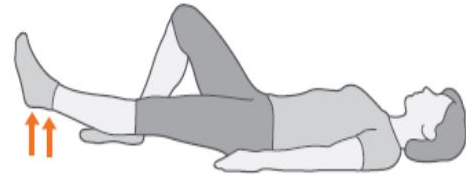




R.L JALAPPA HOSPITAL AND RESEARCH CENTER.
DEPARTMENT OF PHYSIOTHERAPY
EXERCISE FOR OA KNEE



Lie on your back. Roll a towel and keep under you leg. Try to straighten the knee and feel the tense in the thigh muscles. Hold __sec. Repeat __ times. Switch legs and repeat on other leg



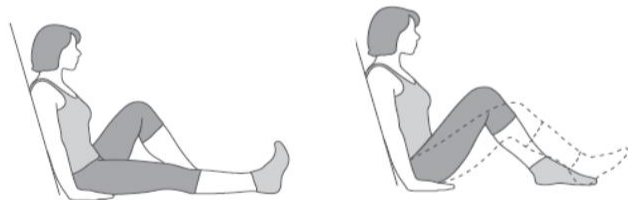
Lie on your back. Keep your leg straight and lift it without bending the knees to 50°-60°. Hold __sec. Repeat __ times. Switch legs and repeat on other leg



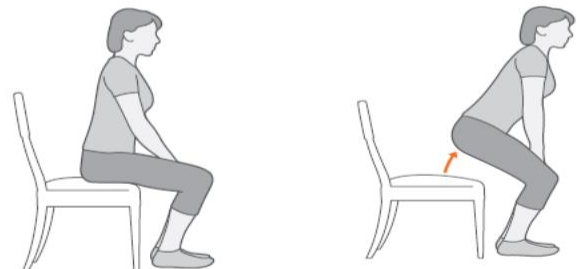
Sit on the chair with knees bent. Straighten the knee up and down for __counts. Repeat __ times. Switch legs and repeat on other leg



Step onto the bottom step of stairs with your right foot. Bring up your left foot, then step down with your right foot, followed by your left foot. __ counts. Repeat __ times.



Sit on the floor with legs stretched out. Bend you right leg until you can and straighten for __counts. Repeat __ times. Switch legs and repeat on other leg



Sit on the chair with foot placed on the floor. Raise up and sit down for __counts and Repeat __ times.



Hold the back rest of the chair. Gently bend your knees and squat until you can for __ counts and Repeat __ times.



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 your thigh muscles become tense. Hold for 10 seconds, then relax.. Repeat __ times. Switch legs and repeat.