



# IACP ARTHRITIS CLINICS

FIRST SUPER SPECIALITY CHAIN OF  
ARTHRITIS CLINICS IN INDIA

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- Hissingpark Clinic, Germany
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## THE KNEE JOINT



**Exercise 1 Starting Position :** Lying on the back with both legs stretched out straight.  
**METHOD :** Pressing the knee down firmly on the floor, pull the toes in towards the body. In the beginning it is advisable to do the exercise with both legs simultaneously.



**Exercise 4 Starting Position :** Lying face downward, legs stretched out, hand under the forehead.  
**METHOD :** Without moving the left leg, raise the right leg up-wards from the knee at right angle to the thigh. Repeat with the other leg.



**Exercise 2 Starting Position :** Lying on the back with both legs stretched out.  
**METHOD :** With knee straight, bring the leg upwards towards the ceiling. Revert to starting position by doing the movement in the reverse direction.



**Exercise 5 Starting Position :** Starting Position : Sitting upon a table, legs dangling.  
**METHOD :** Raise the leg slowly stretching the knee. Repeat the exercise picking up a weight of upto 3 kgs. with the foot.



**Exercise 3 Starting Position :** Lying on the back with both legs stretched out.  
**METHOD :** Bending the knee, bring the upwards over the chest. Revert to starting position by doing the movement in the inverse direction.



**Exercise 6 Starting Position :** Standing both feet together holding on tightly to a window-frame or any other fixed point  
**METHOD :** Bend both legs, as if to sit and lower yourself to the maximum, without losing you balance.

#### CARE FOR OSTEOARTHRITIS KNEE PATIENTS

- To avoid squatting & sitting cross legged
- To avoid climbing up & down staircases.
- To avoid lifting heavy weights.
- To avoid cutting corners.
- To do quadriceps strengthening and knee ROM exercises as explained by consultant.
- To stop exercise if increase in pain.
- To Report SOS if increase in pain or swelling.
- To report for regular follow ups as advised.
- Acute exacerbation of pain may occur with seasonal variations.
- Course of SWD should not exceed the number advised by consultant as it can lead to bone loss.
- Green leafy vegetables, bananas and milk are good-source of Calcium, especially for old patients.