

Live Active

Follow these simple exercises

Knee Exercises



Sit on a chair with your back straight and feet touching the floor. Lift one foot up and fully straighten the knee. Hold for a count of 5. Repeat with alternate legs.



Sit up straight on a chair with your knees bent at 90° and your feet flat on the ground. Place a pillow in between the knees and press the pillow inwards with both the knees. Hold for a few seconds and relax. Repeat this 20 times.



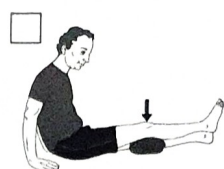
While lying on your back, pull your knee up to your stomach supporting with your hands. Push your other leg down towards the floor. Hold for a few seconds, relax and repeat with alternate legs.



Lie on your stomach and bend your knee backwards towards your hip until you feel a stretch in front of the thigh. Hold for a count of 5. Repeat with both the legs 20 times each.



Lie on your back with legs straight. Now bring your foot closer to your hip as shown in the picture. Hold for a few seconds and relax. Repeat with alternate legs.



Sit with your legs straight. Keep a rolled towel under your knee. Pull the foot towards you and then press the knee against the floor while tightening the thigh muscle. Hold this for a count of five, and then fully relax. Repeat with alternate legs for 20 times.

Hip Exercises



While lying on your stomach, lift your leg up by putting pressure on the thigh. Hold for a count of 5, bring the leg down and relax. Now repeat with alternate legs.



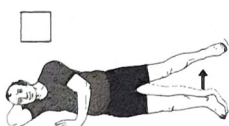
Lie on your stomach, squeeze or contract your buttocks. Hold for a count of 5 and relax. Repeat 10 times.



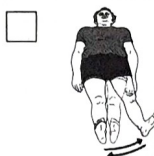
Lie on your back. Keeping the knees straight, lift alternate legs six inches off the floor, hold for a count of five and then relax. Repeat this 20 times.



Lie on your back. Bend both knees up, push on feet and lift, hold for a count of five and then relax. Repeat as comfortable.



Lie on your side with your hip on top and the bottom leg bent to provide support. Keep top leg straight and slowly lift it up as high as possible. Hold for a count of five and then relax. Repeat as comfortable on both sides.



Lie on your back. Keep your toes pointed towards the ceiling. Move your leg out to the side as far as possible. Slowly return to the starting position and relax. Repeat with alternate legs.

Do's

- ✓ Exercise your arthritic joints. Regular exercise strengthens muscles and gradually reduce your pain and improve your mobility.
- ✓ Breathe normally while exercising. To avoid getting fatigued, do not hold your breath while exercising.
- ✓ Reduce your body weight through diet and exercise. Weight loss can significantly reduce stress on your joints and slow the progression of OA.
- ✓ Ask your doctor about alternate pain killer, if your pain has not reduced. Inform your physician of certain conditions that make your pain worse, such as insomnia, depression, etc.

Don't's

- ✗ Do not self medicate with pain killers, such as Diclofenac, Lornoxicam, Etoricoxib etc. Frequent and long-term use of these drugs can accelerate the progression of OA and is associated with the development of kidney and liver toxicity, causing gastric ulceration and bleeding.
- ✗ If pain increases after doing exercises, stop them and consult your doctor.
- ✗ Prolonged duration of activities that may strain or damage your joints (e.g., running, jumping, gardening, lifting heavy objects, squatting, kneeling, etc.).
- ✗ Exercising in cold weather.

References: 1. Knee Conditioning Program. Information available at: https://orthoinfo.aaos.org/globalassets/pdfs/2017-rehab_knee.pdf. Accessed on 3.4.19. | 2. Knee pain. Information available at: <https://www.arthritisresearchuk.org/>. Accessed on 3.4.19. | 3. Nine Exercises for Knees. Information available at: <https://www.uncmc.rochester.edu/MediaLibraries/UMCMediaLibraries/centers/evarts/documents/knee-exercises.pdf>. Accessed on 3.4.19. | 4. Tips and exercises for your knee stiffness and pain. Information available at: https://mydoctor.kaiserpermanente.org/collections/010526-035CL_tcm75-89999.pdf. Accessed on 3.4.19. | 5. McLaughlin JK et al. Analgesic use and chronic renal failure: A critical review of the epidemiologic literature. *Kidney Int* 1998;154:679-686. | 6. Jackson LM et al. NSAIDs and the GI tract: potential hazards and benefits. *Apoptosis* 1999;4(5):397-402. | 7. Osteoarthritis: Do's and Don'ts, online http://www.medicina.net/patients/patients/for/Osteoarthritis_dosanddonts.htm. Accessed on 3/4/19.

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