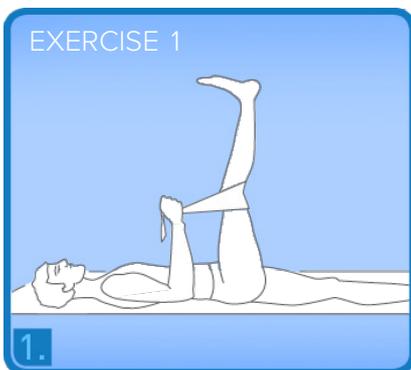


While you may worry that exercising with osteoarthritis could harm your joints and cause more pain, research shows that people can and should exercise when they have osteoarthritis. In fact, exercise is considered an effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis.



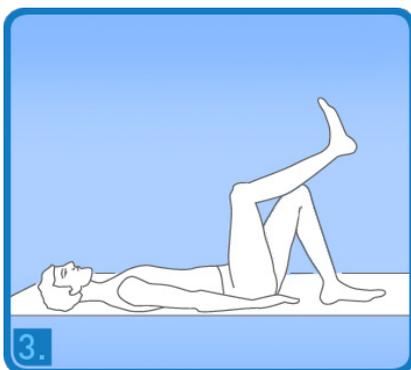
EXERCISE 1

- Lie on your back with your legs outstretched and feet flexed
- Extend the affected leg 90 degrees towards the ceiling
- Wrap a towel around the back of the knee and gently pull your leg towards your body, pushing your heel towards the ceiling
- Repeat the exercise 10 times



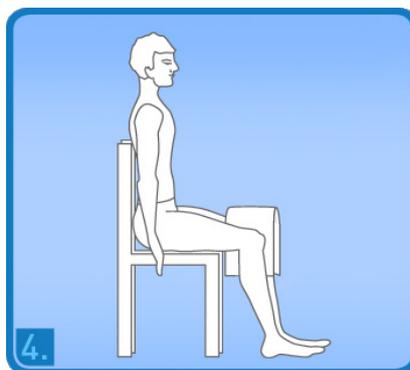
EXERCISE 2

- Start by sitting on the floor
- Stretch your legs out in front of you with your feet flexed
- Stretch your hands forward towards your toes
- Hold this position for 10 seconds
- Repeat the exercise 10 times



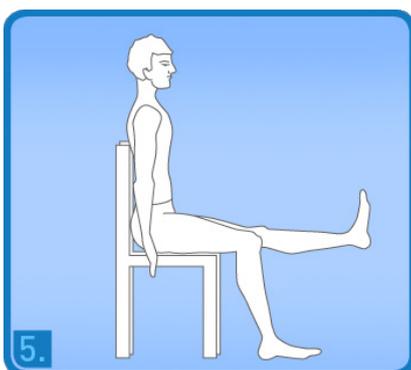
EXERCISE 3

- Lie on your back and bend your healthy leg to support you
- Raise the affected leg and make a cycling motion above you



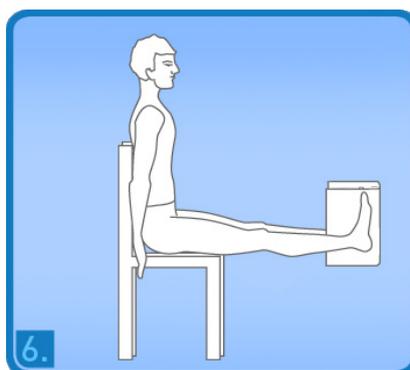
EXERCISE 4

- Sit on a chair with a cushion gripped between your knees
- Press your knees and lower legs together and hold
- Count to 5 slowly and rest for 10 seconds
- Repeat the exercise 10 times



EXERCISE 5

- From a sitting position, raise your affected leg straight in front of you
- Lift the thigh a little
- Flex and point the toe slowly 5 times and rest for 10 seconds
- Repeat the exercise 10 times



EXERCISE 6

- Sit on a chair and grip a book between your feet
- Raise the book up 90 degrees with your feet
- Keep the legs outstretched for several seconds and rest
- Repeat the exercise 10 times

How Much Exercise Is Good for Osteoarthritis?

Always follow the advice from your doctor or physical therapist. In general, range-of-motion exercises should be done every day.

The weekly recommendation for aerobic exercise is 150 minutes of moderate-intensity OR 75 minutes of vigorous-intensity OR an equivalent combination. This translates into taking a 30-minute swift walk or bike ride five times per week OR jogging, swimming, or biking that gets your heart pumping for 25 minutes three times per week OR any combination of these based on your ability and preference.

Bottom Line

Multiple studies show that mild to moderate exercise is beneficial for people with arthritis. However, everyone's circumstances are different, so having a discussion about exercise with your doctor is important. Together with your doctor and/or physical therapist you can design an exercise plan that is best for you.