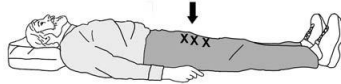


QUAD SETS



Lie on your back. Tighten your thigh muscles and press your operated leg into the bed.

- Hold for **5** seconds.
- Complete **10**.
- Do **2** sessions per day.

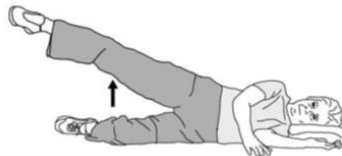
QUADS OVER ROLL



Lie on your back with your knees straight. Place a large coffee can or towel roll under your knee. Lift your foot off the bed by straightening the knee. Do not hold your breath.

- Hold for **5** seconds.
- Complete **10**.
- Repeat with the other leg
- Do **2** sessions per day.

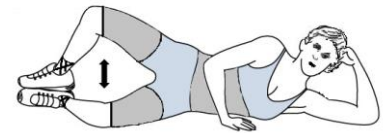
SIDELYING HIP ABDUCTIONS



Lie on your side with a pillow between your knees. Lift the top leg up

- Hold for **5** seconds.
- Complete **10**.
- Repeat with the other leg.
- Do **2** sessions per day.

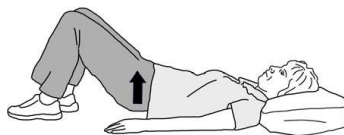
CLAMS



Lie on your side with a pillow between your knees. Keeping your feet together, lift the top knee off the pillow as far as you can.

- Hold for **5** seconds.
- Complete **10**.
- Repeat with the other leg.
- Do **2** sessions per day.

BRIDGING



Lie on your back with knees bent and both feet on the floor or bed.

Gently squeeze the buttocks, lift your pelvis just to clear the lower back off the floor slowly. Do not let your back sag into flexion or arch too high.

- Hold for **5** seconds.
- Complete **10**.
- Do **2** sessions per day.

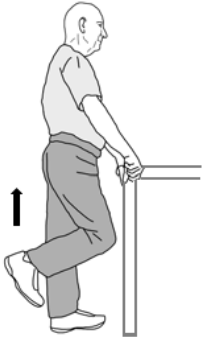
LONG ARC QUADS/ KNEE EXTENSION



Sit in a chair. Straighten your operated leg by tightening your thigh muscle until your knee is fully extended.

- Hold for **5** seconds.
- Complete **10**.
- Repeat with the other leg.
- Do **2** sessions per day.

STANDING HAMSTRING CURLS



Stand straight holding on to a countertop or railing.

Keeping your thighs parallel to each other, bend your knee and lift your heel towards your buttocks.

- Hold for **5** seconds.
- Complete **10**.
- Repeat with the other leg.
- Do **2** sessions per day.

STANDING HIP ABDUCTIONS

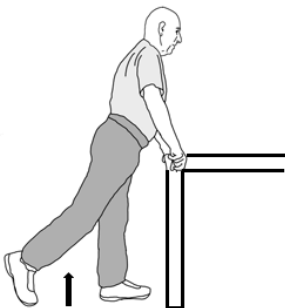


Stand straight holding on to a countertop or railing.

Lift your leg sideways then bring it back keeping your trunk straight throughout the exercise. Your toes should be facing forward for the whole exercise.

- Hold for **5** seconds.
- Complete **10**.
- Repeat with the other leg.
- Do **2** sessions per day.

STANDING HIP EXTENSIONS



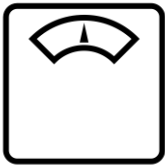
Stand straight holding on to a countertop or railing.

Bring your leg backwards keeping your knee straight. Do not lean forward.

- Hold for **5** seconds.
- Complete **10**.
- Repeat with the other leg.
- Do **2** sessions per day.

Osteoarthritis (OA) is the most common type of arthritis. It is caused by wearing away of the cartilage covering the ends of the bone. This can result in the bones rubbing against each other, causing pain, warmth, and swelling. Osteoarthritis is more common as we get older and usually starts in our 50s or 60s. It is also more common in joints that have been injured.

NON-PHARMACOLOGICAL TREATMENT



Weight Control

For every pound of weight loss, the pressure on your joints decreases 3 to 4 times.



Physiotherapy

Improve strength and range of motion.



Gait Aids

Cane (hold in opposite hand to the sore joint), two-wheeled walker, four-wheeled walker, or rollator.



Activity Modification

Avoid high impact or aggravating activities.



Heat and Ice

Be sure to protect your skin from prolonged exposure to ice and/or heat (no more than 15 minutes)

PHARMACOLOGICAL TREATMENT



Intra-Articular Treatment (Injection)

- Steroid (Cortisone)
- Visco-supplementation ("Gel")



Oral Medications

- Analgesics (e.g. Acetaminophen)
- Anti-inflammatories (e.g. Ibuprofen)
- Non-steroidal anti-inflammatories (e.g. Naproxen)

Speak to your family physician and/or pharmacist about specific dosing and possible side effects.

