

# Knee Pain

## Medial Compartment OA

# Exercise Sheet

## Urban Health & Fitness

### Knee Flex Stretch

**Technique:** In sitting bend the affected knee up towards the chest and aim to hold the knee at the end of the movement between 10-15 seconds.

**Top Tip:** Compare the movements between each leg to see if there is a significant difference in the range of movements and to gauge any progress in the exercise.

Hold 10-15 seconds. Repeat 10-15 times.



### Knee Flex+ Stretch

**Technique:** A progression from the first exercise is to use a small towel between the knee when bending upwards. Gently squeeze/hold the knee at the end of the movement. This helps to gap the inside of the joint slightly and give a nice stretch to tight structures around the knee.

**Top Tip:** Avoid using a large towel as this will block the movement.



### Knee Extension

**Technique:** Extend the affected leg out. Tighten the thigh muscle as extend the leg up as much as possible. The shin bone may lift up off the bed and move into hyperextension. All movements should be done in pain-free ranges.

Perform 20-30 seconds and increase time and sets as pain allows.

**Top Tip:** Limited hyperextension is common among people with OA changes in the knee. Avoid forcing the knee up and into any painful movements. Look to ensure you focus on activating the quads muscles and holding between 8-10 seconds.



### Knee Extension+

**Technique:** Using a towel under the ankle of the affected side, complete the last exercise while trying to lower the knee down into the bed. This exercise encourages movement into areas of the knee that may be limited and needs movement to be restored. Perform 8-12 reps. Begin with 1 set and increase as you become more confident with the exercise.

**Top Tip:** If the towel is too big, it can be painful for the knee to drop into such a big space. Start with folding the towel and building up the height under the ankle.



### Quads Strengthening

**Technique:** Use the towel and place it between the knees. Tighten the quad muscles up on both legs and squeeze the towel together.

**Top Tip:** When squeezing together, avoid rolling the knees together but focus on squeezing them together. You may notice the affected leg is harder to engage the muscle group.



### Functional Squat

**Technique:** Functional exercise is standing. If you have an elastic band, place it around the knees (this helps to activate more muscles around the hips). From a sitting position, have knees, hips, and toes all in alignment. Lean forwards, push through the heels, and stand tall. Gently remove the movement but lean yourself slowly down to the bed or chair.

Complete 20-30 seconds, start with 1 set, and increase as you become more confident with the exercise.

**Top Tip:** Perform your sit to stand movements at different surface heights (different chairs/benches) as this will challenge the muscles into different ranges.



The above exercises are recommended for symptoms of Medial Compartment OA. If you are unsure about your symptoms seek the guidance of your doctor or physiotherapist with any questions you may have regarding your health or a medical condition

urban  
by Dr. Taylor