



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025

What is osteoarthritis?

Osteoarthritis is a condition that affects the joints, and can cause pain and stiffness. This condition can also be known as 'age related changes' or 'wear and tear'. It is the most common form of joint condition.

What are the symptoms of Osteoarthritis?

Typical physical signs are:

- Tenderness over the joint
- Creaking of the joint
- Joint swelling
- Restricted movement
- Decreased joint stability
- Weakness of your leg muscles

Top 5 tips for managing knee, hip or ankle osteoarthritis

1. Try to keep to a healthy weight, it will help to reduce pain and strain on your joints
 2. Wear sensible, well-fitting shoes (e.g. trainers) to cushion the impact of walking
 3. Keep active but pace yourself – don't overdo it on 'good' days and keep moving on 'bad' days by altering your activities
 4. Apply a heat or ice pack to ease pain and stiffness. Ensure you protect your skin to avoid burns or irritation. Do not use ice if you have poor sensation over the area, an infected wound, Raynauds Syndrome, or Cryoglobulinaemia
 5. Don't stay in the same position for long periods of time (e.g. sitting, lying). If you are struggling to walk and need assistance, walking aids can be provided by the NHS. If you wish to purchase your own, please seek assistance in measuring to ensure the right fit
-



Lying on your back or sitting.

Bend and straighten your ankle as far as is comfortable.

Repeat regularly through the day - little and often.

©Physiotoools



Sitting with your foot on the floor.

Alternately raise the inner border of your foot (big toe) and then the outer border (little toe).

Repeat regularly through the day - little and often.

©Physiotoools



Sitting or lying.

Rotate your ankle. Change directions.

Repeat regularly through the day - little and often.

©Physiotoools



Ankle Pumps in Supine

Lie on your back with your legs straight.

Briskly bend and straighten your ankles.

Repeat regularly through the day - little and often.

©Physiotoools



Sit on a chair or on the floor. Put one foot on top of the other foot.

Try to lift the foot that is under while preventing any movement with the foot that is on top. Hold approx. 5 secs.

Repeat 10 times or as able.

©Physiotoools



Sit on a chair or on the floor. Put the inner borders of your big toes together.

Press the inner borders of your big toes together. Hold approx. 5 secs.

Repeat 10 times or as able.

©Physiotools



Sit on a chair or on the floor. Put the outer borders of your feet together.

Press the outer borders of your feet together. Hold approx. 5 secs.

Repeat 10 times or as able.

©Physiotools



Sit on a chair or on the floor. Put one foot on top of the other foot.

Try to point the toes and foot of the foot that is on top while preventing any movement with the foot that is underneath. Hold approx. 5 secs.

Repeat 10 times - or as able.

©Physiotools



Heel Raise

Stand tall, with your weight distributed evenly on both feet, and take support if needed.

Rise up onto your toes and in a controlled manner return to the starting position.

Repeat regularly through the day - little and often.

©Physiotools



©Physiotools

Single-leg Standing on a Balance Pad

Balance on one leg on a balance pad. Do hold onto a support as needed.

Remember to stand tall, with weight evenly distributed between forefoot and heel and toes pointing forwards.

Try to balance for as long as you comfortably can, increasing the time as you improve.

Chair Squat



©Physiotools

Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet.

Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.

Sit down lightly and push back up to the starting position using your front thighs and buttock muscles.

Repeat regularly through the day - little and often.



©Physiotools

Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 20 secs. then relax. Stretch the other leg.

Repeat 3 times each side



©Physiotools

Stand in a walking position with the leg to be stretched behind you. Hold on to a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold approx. 20 secs. then relax.

Repeat 3 times each side.