



Knee Osteoarthritis

Knee osteoarthritis refers to inflammation of the knee joint with degeneration of the cartilage, or smooth lining of the joint. Normal cartilage allows for nearly frictionless motion to occur throughout daily activities. As this deteriorates, there is increased friction from defects in the cartilage and secondary bone spurs may develop. Pain and stiffness will result leading to disability and loss of function of the knee joint.

As with most inflammatory conditions, treatment is focused at first decreasing the amount of inflammation. This can be performed with appropriately prescribed anti-inflammatory medication or ice to the area four times daily for 20 minutes. You and your surgeon may consider an injection with a steroid such as cortisone. There is another type of injection known as hyaluronic acid which may be given in one or multiple doses to decrease the symptoms as well. Despite treating the inflammation, osteoarthritis cannot be reversed. Treatment is directed at treating the symptoms to decrease pain and maintain function. This can be further accomplished with specific stretching and strengthening exercises, as well as modifying any provocative activities.

We have assembled a series of stretches and strengthening exercises which have proven clinical benefits in treating knee osteoarthritis. Please visit our website www.floridajointcare.com/PT to view our instructional videos created by our surgeons and therapists to correctly perform these stretches and exercises at home.

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Home Exercise Program

Follow along with instructional videos on our website www.floridajointcare.com/PT

1. Hamstring stretch on bed – hold for 30 seconds, perform twice daily
2. Isometric quadriceps exercises – hold for 5 seconds for 10 repetitions, perform twice daily
3. Isometric quadriceps strengthening (straight leg raise) – perform 10 repetitions, perform twice daily
4. Knee extension exercises – perform 10 repetitions, perform twice daily
5. Standing hamstring curls – perform 10 repetitions, perform twice daily
6. Heel slides – perform 10 repetitions, perform twice daily

* May adjust number of repetitions and number of sets as tolerated.