



**Wellness Embodied**

**HIP / KNEE OSTEOARTHRITIS  
EDUCATION & EXERCISE  
PROGRAMME  
EXERCISE GUIDE**

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# EXERCISE 1A

## PELVIC LIFT

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### Level 1

Lie on your back with your legs resting on top of the gym ball. Short lever arm. Spread your arms out to your sides. Lift your hips off the floor and push your hips towards the ceiling, then go back to starting position. Avoid exaggerated lumbar curve



### Level 2

Same as level 1, but with a longer lever arm so that only your heels are resting on top of the ball. Be careful not to overextend your knees when you lift your hips off the floor



### Level 3

Single leg pelvic lift. Be careful not to over extend your knee and control your pelvic tilt. Perform the exercise for both legs.



### Level 4

Pelvic lift with your arms across your chest. This exercise can be done with one or both legs on the gym ball. Be careful not to over extend your knees and control your pelvic tilt.

# EXERCISE 1B

## SIT-UPS

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### Level 1

Lie on your back, calves on top of the gym ball and arms straight forward. Roll your shoulder blades up and lower yourself back down after a short pause.



### Level 2

Lie on your back, calves on top of the gym ball and arms across your chest. Roll your shoulder blades up and lower yourself back down after a short pause.



### Level 3

Lie on your back, calves on top of the gym ball and hands behind your neck. Roll your shoulder blades up and lower yourself back down after a short pause. Place your hands by your ears to avoid straining your neck.



### Level 4

Lie on your back, calves on top of the gym ball. Roll your shoulder blades up and lower yourself back down after a short pause while holding hand weights.



# EXERCISE 2A

## BACKWARD SLIDING LUNGES

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### Level 1

Standing position, weight-bearing on one leg, other leg on sliding surface. Slide backwards while bending the knee of the weight-bearing leg, then slowly return to the starting position. Ensure proper alignment of hip, knee and ankle joints. Use hand support for balance if needed.

### Level 2

Same as level 1, but standing on uneven surface with weight-bearing leg (e.g. foam pillow or thick mattress). Use hand support for balance if needed.

### Level 3

Standing position, take a large step forward, bend the knee of the step-out leg while ensuring proper alignment of hip, knee and ankle joints, then push yourself back to the starting position.

### Level 4

Same as level 3, but holding hand weights.

# EXERCISE 2B

## SIDEWAYS SLIDING LUNGES

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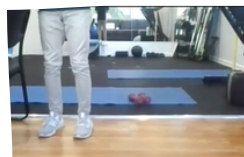
### Level 1

Standing position, weight-bearing on one leg, other leg on sliding surface. Slide Sideways while bending the knee of the weight-bearing leg, then slowly return to the starting position. Ensure proper alignment of hip, knee and ankle joints. Use hand support for balance if needed.



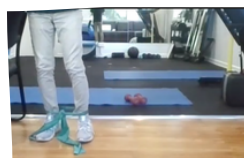
### Level 2

Same as level 1, but standing on uneven surface with weight-bearing leg (e.g. foam pillow or thick mattress). Use hand support for balance if needed.



### Level 3

Standing position, take a large step to the side, bend the knee of the step-out leg while ensuring proper alignment of hip, knee and ankle joints, then push yourself back to the starting position.



### Level 4

Same as level 3, but with resistance band around your ankles.

# EXERCISE 3A

## HIP ABDUCTORS

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### Level 1

Standing with light resistance band in tension, lift your outer leg up and straight out to the side as far as possible and stretch the band. Keep stance leg and torso stable, do not lean forward or to the side and do not twist your body. Be careful not to overextend the weight-bearing knee.



### Level 2

Same as level 1, but with medium or heavy resistance band.



### Level 3

Same as level 1-2, but standing on uneven surface (e.g. foam pillow or thick mattress).



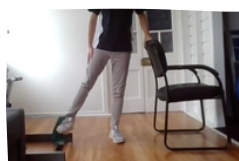
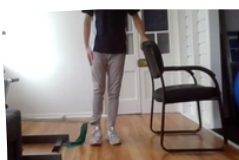
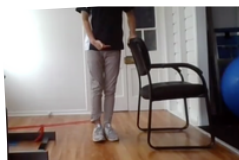
### Level 4

Standing with a resistance band tied together in a circle around your ankles and weight-bearing on one leg. Lift your other leg up and straight out to the side as far as possible while keeping stance leg and torso stable. To progress the exercise, try standing on a foam pillow.

# EXERCISE 3B

## HIP ADDUCTORS

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### Level 1

Standing on one leg with light resistance band around the other leg. Pull your leg in towards the weight-bearing leg against the resistance of the band. Keep stance leg and torso stable, do not lean forward or to the side and do not twist your body. Be careful not to overextend the weight-bearing knee.

### Level 2

Same as level 1, but with medium or heavy resistance band.

### Level 3

Same as level 1-2, but standing on uneven surface (e.g. foam pillow or thick mattress).

### Level 4

Lie down on one side, resting on your elbow and forearm. Place your upper leg on the chair while resting your lower leg on the floor. Raise the lower leg towards the bottom of the chair against gravity. Hold for a few seconds and return your leg to the floor. To progress the exercise, try moving further away from the chair so that only your foot is placed on the chair.

# EXERCISE 4A

## KNEE FLEXORS

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### Level 1

Sitting position. Light resistance band around one foot. Sit at the front of the chair to allow full range of movement when bending and straightening your knee. Pull the leg backwards against the resistance of the band and bend your knee.



### Level 2

Use medium resistance band.



### Level 3

Use heavy resistance band.



### Level 4

Use extra heavy resistance band.

# EXERCISE 4B

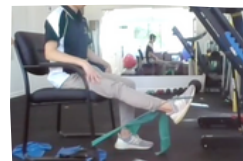
## KNEE EXTENSORS

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### Level 1

Place the center of a resistance band under one foot and hold an end in each hand. Bend and straighten your knee against the resistance of the band while keeping your hands still.



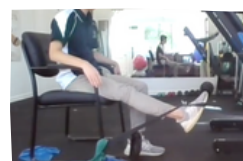
### Level 2

Sitting position with light resistance band around one foot (see picture). Push resistance band forward by extending your knee.



### Level 3

Use medium resistance band.



### Level 4

Use heavy resistance band.

# EXERCISE 5A

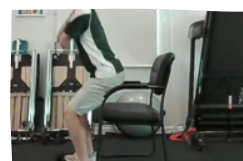
## CHAIR STANDS

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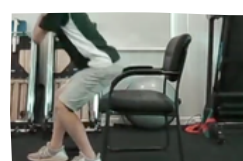
### Level 1

Start in a seated position, feet parallel and shoulder-width apart, putting load on both legs. Slight hand support for balance. Stand up while ensuring proper alignment of hip, knee and ankle joints. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.



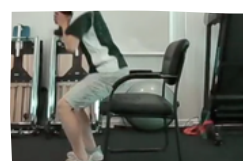
### Level 2

Same as level 1, but without hand support.



### Level 3

Perform the exercise with one foot in front of the other. This exercise is a single leg standup exercise with weight-bearing and focus on your back leg. Perform the exercise for both legs.



### Level 4

Perform the exercise while holding hand weights. Keep your elbows at a 90 degree angle.

# EXERCISE 5B

## STEP UPS

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### Level 1

Step up onto a low step board or stair with or without slight hand support for balance. Then step backward to the starting position. Ensure proper alignment of hip, knee and ankle joints.



### Level 2

Same as level 1, but using a medium step board.



### Level 3

Same as level 2, but using a high step board.



### Level 4

Step up onto the step board with one leg and step across and back again with your other leg.