

# Knee Osteoarthritis

How to care for your  
stiff knee

## Management and Prevention

### What is it?

Knee Osteoarthritis (OA) is joint pain of the knee with or without injury. Knee OA is common with aging.

### What are symptoms associated with knee OA?

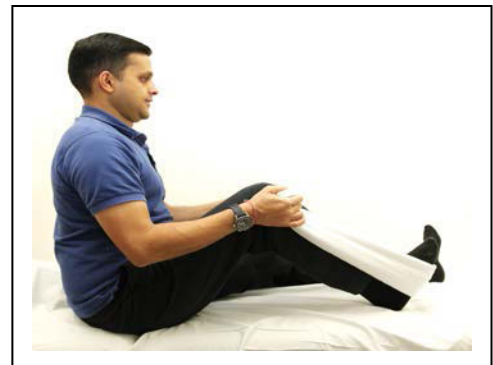
Dull ache, sharp pain, and swelling in the knee. Stiffness in the joint can occur from not moving well. Getting out of a chair, walking, and using the stairs can be hard to do.

### What to do:

Stretch the stiff joint, use ice to bring down the swelling, and do exercises to get stronger.

- Put ice in a pillowcase to protect your skin and place it on your knee for 10-15 minutes
- Use 1-2 pillows between your legs when you sleep on your side
- Ride a stationary bike! It is important to keep the knee moving and stay strong.

### Exercises:



#### Heel slides

Use a towel to help bend your knee. Keep the foot on the table at all times. Perform 10 times, holding for 10 seconds each.



#### Prone knee extension

Lie on your stomach and have the foot hang off the bed. Use the other leg to gently push the foot down. Perform 3 times, holding for 30 seconds each.

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## Quad sets

Sit up tall. Tighten your thigh muscle as you push the back of your knee into the bed. Perform 10 times, holding for 10 seconds each.



## Clams

Lie on your side with your legs bent. Lift the top knee up. Perform 10 times on each side.

## Calf stretches

Keep your leg straight as you pull the towel towards you. Perform 3 times, holding for 30 seconds each.



Have one foot in front of the other. Keep the back heel down as you lean forward. Perform 3 times holding for 30 seconds each.

