



### Program Information

- ▶ This exercise program has been designed by orthopaedic exercise specialists in accordance with the latest guidelines, research and best practices
- ▶ Before beginning any exercise program or significant lifestyle change, remember to consult your doctor to ensure your own safety and well-being.
- ▶ In order to benefit fully from this program it may need to be modified and tailored to your individual needs. Consider seeing a physical therapist for further customization and to ensure you are performing the exercises properly.



### Equipment

- ▶ Dumbbells
- ▶ Resistance Band
- ▶ Swiss Ball
- ▶ Stationary Bike



### Aerobic Exercise

Duration	Frequency	Suggested Activities
20 - 30 minutes	x 2 per week	<ul style="list-style-type: none"> <li>▶ Swimming</li> <li>▶ Cycling or Elliptical</li> <li>▶ Rowing</li> <li>▶ Brisk Walkig</li> </ul>

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### Stretching Exercise

Instructions	Stretches
Before exercise perform each stretch twice - holding for 30-45s	<ul style="list-style-type: none"> <li>▶ Standing Calf Stretch</li> <li>▶ Pigeon Pose</li> <li>▶ Side-Lying Quad Stretch</li> <li>▶ Groin Stretch</li> <li>▶ Lunge Hip Flexor Stretch</li> </ul>

Before exercise perform each stretch twice - holding for 30-45s

- ▶ Standing Calf Stretch
- ▶ Pigeon Pose
- ▶ Side-Lying Quad Stretch
- ▶ Groin Stretch
- ▶ Lunge Hip Flexor Stretch



### Strength Exercise

- ▶ Try to get the following workout in **x 2-3 weekly**, with a minimum of 24hr rest between workouts. If you experience significant pain during or after - discontinue the program and consult your doctor.
- ▶ Ensure you **warm up** before the workout with 5-8 minutes of light aerobic activity followed by mobility exercises
- ▶ Before trying any of the exercises click the link to watch the **video tutorial**

Exercise	Sets	Reps	Rest	Notes
A1 <a href="#">Dumbbell Chair Step Up</a>	3	5 Each Side	20 sec	▶ Push through your heel as you step up
A2 <a href="#">Swiss Ball Hamstring Curl</a>	3	12 - 15	20 sec	▶ Pace should be controlled 2-3 seconds up and down
A3 <a href="#">Band Resisted Lateral Walking</a>	3	12 - 15 Each Side	60 sec	▶ Keep your shoulders level during each step
B1 <a href="#">Dumbbell Lunge Walk + Pause</a>	3	5 Each Side	20 sec	▶ Pause for 3 seconds each lunge, keep knee behind toe in the lunge position
B2 <a href="#">Single Leg Hip Thrust</a>	3	12 - 15 Each Side	20 sec	▶ Dig heel down and back in the ground as you raise your hip
B3 <a href="#">Wall Squat + Alternating Leg Lift</a>	3	12 - 15 Each Side	60 sec	▶ Keep your knees behind your toes, hold leg up for 1-2 seconds each rep

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