



### 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

- ▶ Resistance Band
- ▶ Stationary Bike



### Strength Exercise

- ▶ Try to get the following workout in **x 4 weekly**, or every other day. If you experience significant pain during, or after exercise - discontinue the program and consult your doctor.
- ▶ Before trying any of the exercises click the link to watch the **video tutorial**

Exercise	Sets	Reps	Rest	Notes
A1 <a href="#">Seated Knee Extension</a>	3	12 - 15 Each Side	20 sec	▶ Hold knee extension for 2-3 seconds each rep
A2 <a href="#">Seated Band Hamstring Curl</a>	3	12 - 15 Each Side	20 sec	▶ Hold knee flexion for 2-3 seconds each rep
A3 <a href="#">Side Lying Straight Leg Raise</a>	3	12 - 15 Each Side	20 sec	▶ Bend your knee to make the exercise easier
A4 <a href="#">Side Lying Hip External Rotation</a>	3	12 - 15 Each Side	20 sec	▶ Add a band around your thighs to make this exercise more challenging
A5 <a href="#">Front Lying Single Leg Hip Extension</a>	3	12 - 15 Each Side	20 sec	▶ Keep your core tight! You should feel fatigue in your glutes not your back.



### Aerobic Exercise

Duration	Frequency	Suggested Activities
20 - 30 minutes	x 2 per week	<ul style="list-style-type: none"> <li>▶ Aquatic Exercise Classes</li> <li>▶ Light Cycling</li> </ul>

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