



### 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
- ▶ 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>▶ Tai Chi</li> <li>▶ Walking</li> </ul>



### 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>▶ Lying Glute Stretch</li> <li>▶ Side-Lying Quad Stretch</li> <li>▶ Groin Stretch</li> <li>▶ Lunge Hip Flexor Stretch</li> </ul>



### 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="#">Wall Squat Hold</a>	3	45s Hold	20 sec	▶ Ensure your knees are not past your toes or while in the squat position
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="#">Split Squat Hold</a>	3	30s Hold Each Side	20 sec	▶ Ensure Knee is behind your toe while in the split position with 75% of your weight on the front leg
B2 <a href="#">Single Leg Stance (eyes closed)</a>	3	30s Hold Each Side	20 sec	▶ Ensure your surroundings are safe before starting this exercise
B3 <a href="#">Lying Glute Bridge Hold</a>	3	45s Hold	60 sec	▶ Keep your core tight and dig your heels down and back into the ground as you lift your hips.

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