

# Knee Osteoarthritis

## BENEFITS OF EXERCISE

**Exercise** is physical activity that is planned, structured, and aims to improve one or more components of fitness (e.g. strength, endurance, flexibility)

### WHEN YOU DO EXERCISES...

Nutrients are pumped in and out of the cartilage while you move your joints

Promoting growth and reformation of cartilage, boosting its strength

You will have your joints moving through their range of motion

Making it easier to do everyday activities (putting on socks, climbing stairs, getting in and out of the car)



Your muscles will become stronger

Helping to make your daily activities easier



You can improve your coordination (the ability to use the right muscles at the right time with the right amount of force)

This will make it easier to control movements like walking on uneven ground

### MEDICAL GUIDELINES SUGGEST...

Cardiovascular exercise (e.g. hiking, cycling) in accordance with physical activity guidelines

Resistance (strength) training of the leg and trunk 2 x per week

### EXERCISE RECOMMENDATIONS

Be physically active for 30 minutes a day (This can be split into shorter 10 minute bouts)

Have a longer and more intense session 2 x per week

**Start slowly and build yourself up!**