

Hip and Knee Osteoarthritis (OA) Exercise Recommendations



- An individualised exercise program is suitable for hip and knee OA
- Aquatic exercise can be suitable initially
- Monitoring/modifying your exercise program is important to allow you to progress and it may also be needed in the event of flare up.
- Client education and reassurance are important in developing a successful outcome
- Exercise sessions involve strengthen your core, gluts, quads, hamstrings and balance
- An exercise program can vary but the aim is to do 20-30 minutes, 4 days per week for 8 weeks
- After the completion of the exercise program, a maintenance program can be recommended to maintain strength and activity participation
- A Physiotherapist assessment is recommended to determine a tailed management program