

# KNEE OA Trial

Exercise  
sheet 1

## EXERCISE INSTRUCTIONS

1

### Partial wall squats

#### Starting position

Gently lean against wall  
Shoulders, back and buttocks  
resting against wall

Hands on hips (optional)

Slightly turn  
feet outwards

Step feet 30cm from wall, hip-width apart



#### Exercise

**Slowly** slide down and back up wall  
Stop before knees cover toes  
(30° knee bend)

Keep  
shoulders  
back

Buttocks  
against  
wall  
during  
slide

**Slowly** down,  
hold 3 seconds  
at bottom of  
slide, **slowly** up

Keep heels on  
ground

Feet about 30cm from wall

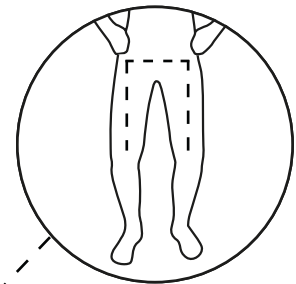


#### Variations of exercise

Hold for 5 seconds at bottom of slide

Move non-study leg further from wall

More weight on study leg by  
shifting body weight across



During squat:  
Keep knees hip-width apart  
Do not collapse knees inwards

2

### Sliding

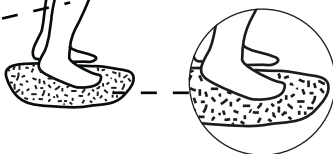
#### Starting position

Stand on study leg  
Non-study leg on sliding surface

Wall (or back  
of chair) for  
balance support  
only if needed

Stand on  
study leg

Non-study  
leg on sliding  
surface



Smooth flooring: use towel under foot  
Carpet: use plastic bag over foot

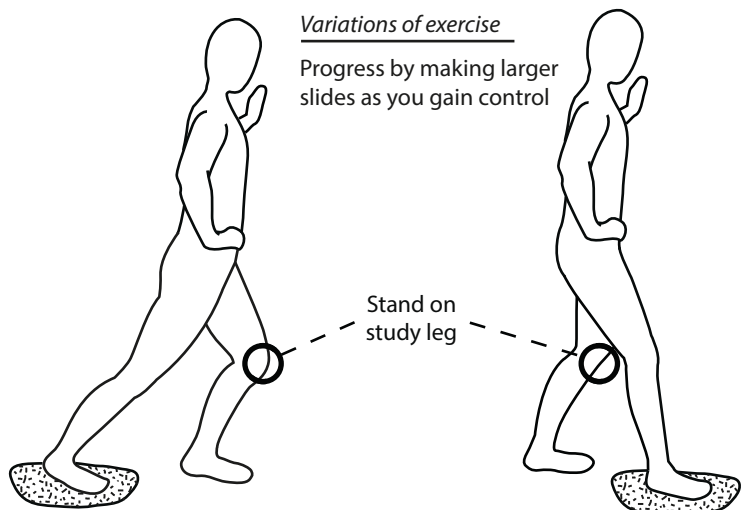
#### Exercise

**Slowly** slide forwards and backwards with non-study leg  
Start with smaller slides (few inches)

If balance support needed, use wall (or back of chair)  
Avoid leaning body weight onto arm

#### Variations of exercise

Progress by making larger  
slides as you gain control



Non-study leg slides forwards and backwards

# KNEE OA Trial

Exercise  
sheet 2

## EXERCISE INSTRUCTIONS

3

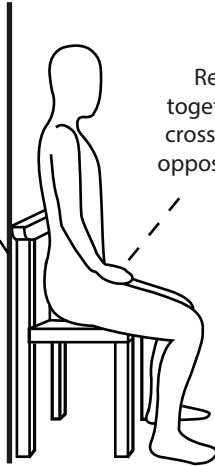
### Sit-to-stand (from chair)

#### Starting position

Sit on firm, stable chair

Chair back  
against wall  
if support  
needed

Rest hands  
together on lap/  
cross to place on  
opposite shoulder

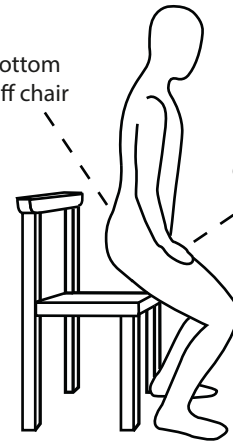


#### Exercise

Lean slightly forward  
Move body weight forwards, nose over knees  
**Slowly** up and **slowly** down

Lift bottom  
fully off chair

Keep hands  
together on lap/  
crossed at shoulders



#### Variations of exercise

Hold 3 seconds before  
touching down

Lean body weight more  
over study knee

Move non-study knee further from chair

Straighten legs to  
stand fully upright

Knees in line  
over toes

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### Stepping (forward/backwards)

#### Starting position

Stand on study leg  
If using balance support,  
avoid leaning body weight onto arm

Wall (or back  
of chair) for  
balance support  
only if needed

Non-study  
leg behind

Study leg  
forward



#### Exercise

Slowly step non-study leg forward to touch floor in front  
Step backwards again to starting position

Keep study leg slightly bent with weight on study leg  
throughout the exercise

#### Variations of exercise

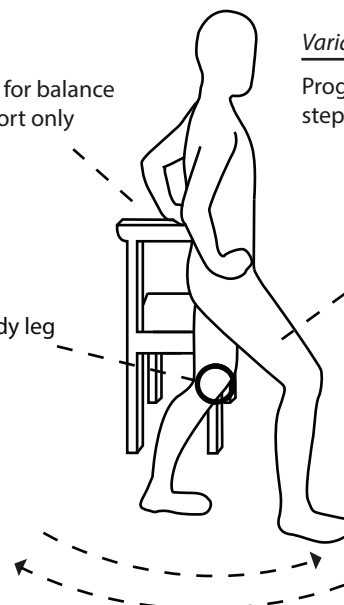
Progress by taking larger  
steps as you gain control

Chair for balance  
support only

Study leg

Non-study  
leg steps  
forward and  
backwards

Touch floor  
in front



# KNEE OA Trial

Exercise  
sheet 3

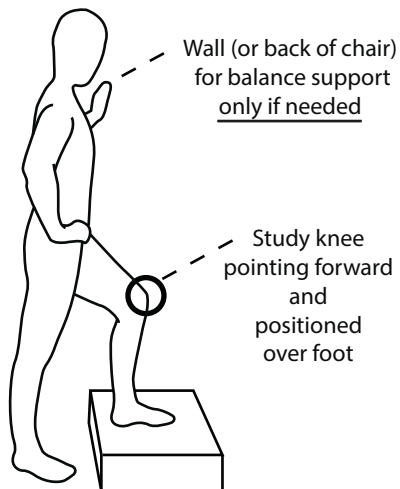
## EXERCISE INSTRUCTIONS

5

### Step Ups

#### Starting position

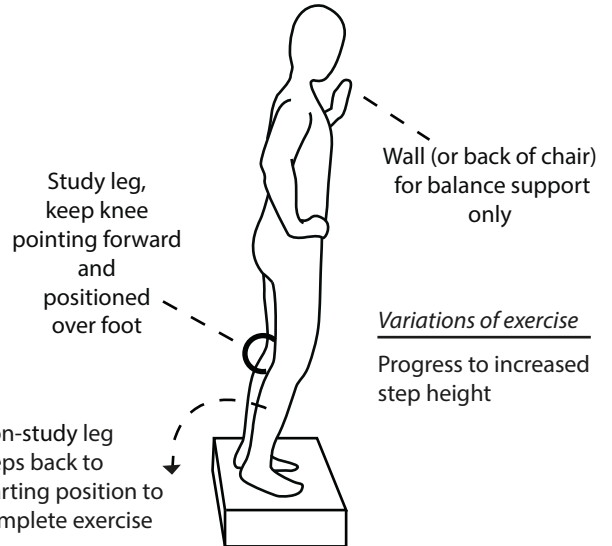
Stand with study leg on a step  
If no steps, use phone books



Standard: low step  
Advanced: higher step

#### Exercise

Step up slowly taking body weight through study leg  
(don't push off with foot of non-study leg)



#### Variations of exercise

Progress to increased  
step height

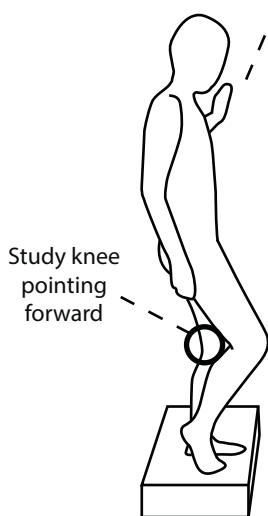
6

### Step Downs (forward touch downs)

#### Starting position

Stand on step facing downstairs

Wall (or back of chair)  
for balance support  
only if needed



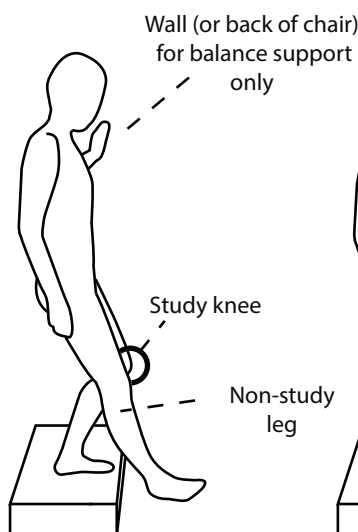
Standard: low step  
Advanced: higher step

#### Exercise

Bend study knee slowly and **lower non-study leg** towards the ground

Keep study knee pointing forward during the movement

Straighten study knee slowly to return to starting position



#### Variations of exercise

Progress non-study leg  
closer to floor  
(touching floor if possible)

Progress exercise by  
increasing step height

