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KNEE ARTHRITIS

A. EXERCISES:

EXERCISE SHOULD TRY TO FOCUS ON LOW IMPACT ACTIVITIES SUCH AS WALKING, ELLIPTICAL MACHINES, BIKE RIDING, AND WATER EXERCISE. YOU SHOULD TRY TO LIMIT HIGH IMPACT ACTIVITIES, IN PARTICULAR ON A REPETITIVE BASIS.

B. ICE:

ICE SHOULD BE USED WHENEVER YOUR KNEE BECOMES AGGRAVATED AND INFLAMED AND YOUR PAIN INCREASES. THIS SHOULD BE DONE FOR FIFTEEN MINUTES AT A TIME UP TO SEVERAL TIMES A DAY.

C. HEAT:

HEAT CAN BE USED PRIMARILY WHEN AT REST. THIS SHOULD BE DONE FOR TEN TO FIFTEEN MINUTES AT A TIME, CAN BE IN THE FORM OF MOIST OR DRY HEAT.

D. ANTI-INFLAMMATORIES:

ANTI-INFLAMMATORIES CAN BE TAKEN IF YOUR MEDICAL CONDITION ALLOWS AND YOUR GASTROINTESTINAL TRACT CAN TOLERATE THESE. THESE CAN BE TAKEN IN THE FORM OF ALEVE OR ADVIL/MOTRIN. ALEVE IS TAKEN AS TWO PILLS FOR A TOTAL OF 440 MG TWICE A DAY. IBUPROFIN WHICH IS MOTRIN OR ADVIL IS TAKEN ANYWHERE FROM 400 TO 800 MG THREE TIMES A DAY. THIS WILL BE TWO TO FOUR PILLS THREE TIMES A DAY.

E. CORTISONE SHOTS:

CORTISONE SHOTS CAN BE USED INTERMITTENTLY TO HELP WITH INFLAMMATION AND STIFFNESS OF THE KNEE. THESE ARE TYPICALLY TEMPORARY FOR ARTHRITIS AND CAN BE GIVEN EVERY SEVERAL MONTHS IN A LIMITED FASHION.

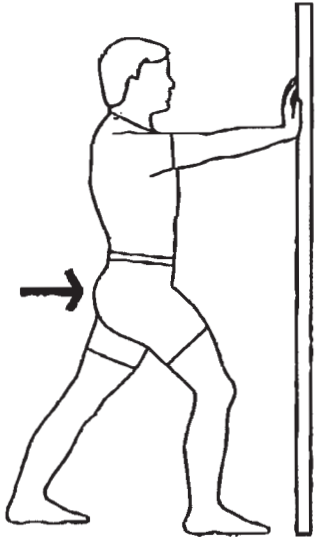


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KNEE EXERCISES



Stretch Gastroc uni standing

- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions,
twice a day.

Hold exercise for 15 seconds.
Rest 30 seconds between sets.

Stretch hamstring uni stand

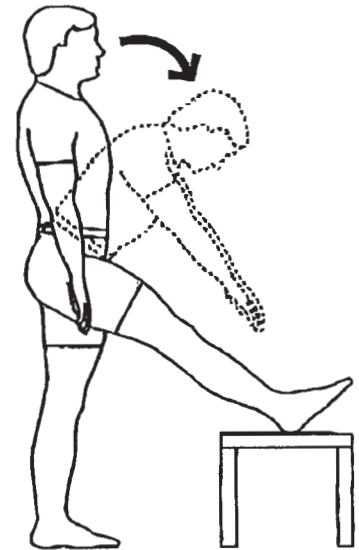
- Stand with heel propped on low table, knee straight, as shown
- Gently and slowly lean forward at waist.
- Repeat with other leg.

Special Instructions:

Keep the knee straight.

Perform 1 set of 4 Repetitions,
twice a day.

Hold exercise for 15 seconds.
Rest 30 seconds between sets.

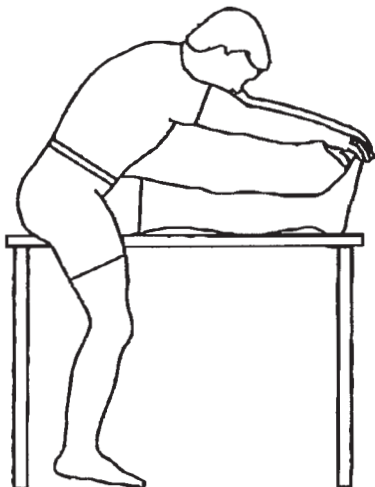


Stretch hamstring uni long sitting

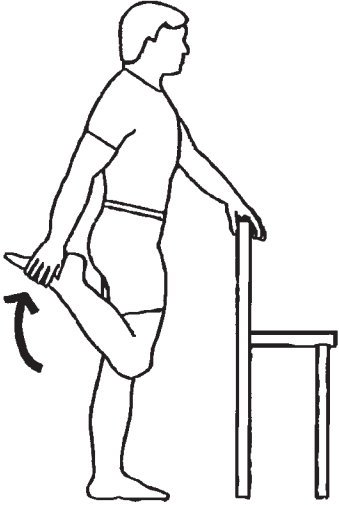
- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 1 set of 4 Repetitions,
twice a day.

Hold exercise for 15 seconds.
Rest 30 seconds between sets.



Stretch Quads standing



- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 4 Repetitions,
twice a day.

Hold exercise for 15 seconds.
Rest 30 seconds between sets.

Stretch Quads prone w/towel

- Lie face down.
- Bend knee and loop towel around ankle.
- Gently pull towel to stretch muscle on front of thigh.

Perform 1 set of 4 Repetitions,
twice a day.

Hold exercise for 15 seconds.
Rest 30 seconds between sets.

