

How to Treat Arthritis of the Knee with Stretching

First you need to be able to gauge whether the stretches are appropriate or working.

Monitor your pain levels. An appropriate stretch should after a few tries begin to narrow the scope of the pain - becomes more localized. If the pain spreads out further or gets worse in intensity - stop immediately. It should also not be worse in the upcoming hours or days. People often assert - "it hurts so good".

All exercises (only do two or so at a time) should be down 4-6 times day for 10 repetitions

Stretches you may try in this order:

1. Plain knee extension from a seated position



2. Knee flexion from seated position



3. Knee flexion with towel under kneecap (seated)



4. Knee Flexion with leg on chair



5. Knee flexion with towel and leg on chair



6. Knee extension on floor, on stool, or standing on stool. Trial of it straight on, inwardly rotated, or outwardly rotated. Apply pressure just above kneecap in quad and say pressure on, pressure off. Repeat 10 x in direction it works.



7. Start in quadruped position kneeling on pillow. Lean back further and further - pain free. Eventually sit on heels.

