

# KNEE EXERCISES FOR ARTHRITIS



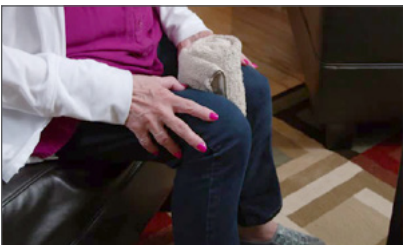
## Self-massage

- From sitting position, reach for your knee and massage pulling straight up the leg toward your heart.
- Use small circles or 'broad' gradual strokes.
- Massage should be gentle and rhythmic.



## Leg Extension

- Sitting in a sturdy chair, extend one leg so it's parallel to the floor.
- Straighten your knee as far as possible, keeping your thigh on the chair.
- Hold for 5 seconds.
- Return your foot to the floor, then repeat the movement.



## Towel Squeeze

- Squeeze a towel roll between your knees.
- Hold for 5 seconds.
- Repeat 10 times.



## March-in-place

- Stand with your feet shoulder-width apart.
- Lift one knee at a time so your thigh is parallel to the floor.
- March at your own pace for 1 minute.
- Hold onto a countertop or back of a sturdy chair if needed.

Visit [shine365.marshfieldclinic.org](https://shine365.marshfieldclinic.org) to learn more or [youtube.com/marshfieldclinic](https://youtube.com/marshfieldclinic) to view more exercise videos.

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