

Knee and hip osteoarthritis

For osteoarthritis, *a little exercise* can make a real difference.



Outsmart arthritis with exercise, diet, and safer pain relief*

No matter what your fitness level, some simple exercises can help reduce your arthritis pain and help you move better.

Exercise is not right for everyone with OA. Remember to talk to your doctor before beginning or modifying any exercise program.

Easy at-home exercises

Strengthening exercise: Modified Squat



- **Place** 1 or 2 firm pillows or a folded blanket on a sturdy chair.
- **Stand** in front of the chair with feet a little more than shoulder-width apart. **Extend arms** out in front of you, parallel to the floor – or, if that seems too difficult, keep your arms crossed in front of you or at your sides.
- To a count of 4: **bend your knees** so that you slowly lower your buttocks onto the chair. Your weight should be placed more on your heels than on the balls of your feet.
- **Pause** for a second.
- To a count of 2: **slowly rise** back to a standing position.
- Do a set of 12 squats. Rest for 1 minute. Do another set of 12.

Flexibility exercise: Calf Stretch



- **Stand** facing a wall 2 to 3 feet away. **Extend your arms** to lean into the wall.
- Bring one leg forward a half step.
- Bring your other leg back a half step or more.
- **Lower** your back heel to the floor.
- Keeping your back straight, **push your hips forward**, so that you are stretching the calf muscles in the back leg. Keep your heel on the floor.
- **Hold** the stretch for a slow count of 20 to 30 seconds.
- **Release** the stretch and return to your starting position. Reverse the leg positions and repeat the stretch. Do the stretch 3 more times with each leg.

Aerobic activity that makes sense for you

Weight-bearing aerobic exercise (your legs support your body weight) can be very good for people with knee or hip arthritis. But if your joints hurt, you may want to start with *non-weight-bearing* exercise. Here are a few examples:

WEIGHT-BEARING	NON-WEIGHT-BEARING
Walking	Swimming
Dancing (social)	Water aerobics
Exercise classes	Bike riding

Remember: Talk to your healthcare provider before beginning or changing your exercise routine.

Outsmart arthritis with Keep Moving

Keep Moving shows you how to reduce arthritis pain so you can stay active. It's fun, inspiring—and free!

Learn more at www.justkeepmoving.com.



Bonus offer:
Free pedometer and exercise DVD!

*When used as directed, TYLENOL® is the safest type of pain reliever you can take. Use TYLENOL® only as directed. Do not take TYLENOL® with other products containing acetaminophen.

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