

by [admin](#)

Exercise for Arthritis affected Knee joint

5:56 pm in [Exercises](#), [Osteoarthritis](#) by [admin](#)

Regular exercises are very important to keep muscles stronger, stronger muscles support and load the knee in a better way and prevent injuries. A patient suffering from arthritis usually feels stiffness in joints, muscles and ligaments for which stretching is an right solution to relax, cool down inflammating pain and prevent further damage. In brief we can say that the following points are important in delaying the effects of the arthritis

- 1.Regular Exercise
- 2.Maintaining weight at the ideal level
- 3.Once symptoms are noted avoid excessive loading viz. stairs and sitting on the floor.
- 4.Always have a balanced diet
- 5.Specially take care of your drinking water

Few examples of stretching suggested for arthritis patients are

1. To n fro movement of leg as shown in picture below for 2 min in every 3 hour to avoid obesity, it exactly results as walking or jogging and a very good example of stretching for arthritis patients.



2. Pull back thigh with towel or cloth 10 times, once in a day.



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3. Press your knees in same way 3 to 5 times once a day as shown in picture, you can do same on your bed when you awake in morning.



4. Pull your ankle back as shown in picture 5 times each leg on bed when you wake up in morning.

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5. Hold your leg and count from 1 to 5 as shown in picture. You can do in either of one position, try to extend numbers and can do multiple times in a day.



6. Try to do same using towel or with any stretchable cloth, minimum 10 times a day.



7. Hold your knee with a support as shown in picture and count from 1 to 3, try to do till you are not exhausted.



8. Push wall with your hands and keep right leg forward exactly in same way shown in picture, do same with left leg forward.

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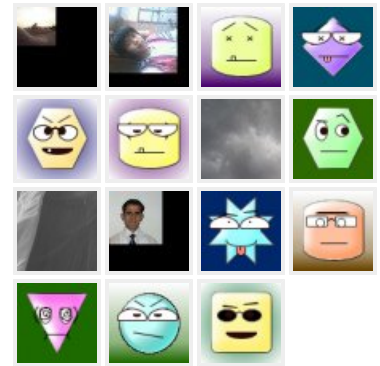
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These are all very simple exercises suggested particularly for arthritis patient, try to increase numbers after some time and to discuss about individual case email us at info@cure2arthritis.com

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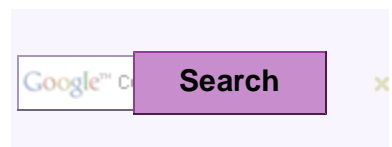
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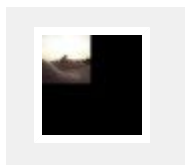
10 Responses to *Exercise for Arthritis affected Knee joint*



[BassMan](#) said:

You have tested it and writing from your personal experience or you find some information online?

On [April 7, 2010](#)



[admin](#) said:

Yes, these are tested and provides relief to arthritis patients if they do regularly. Our team has experience of years to deal arthritis, we always welcome questions from users. In June we are going to provide a new path to cure arthritis. keep in touch

On [May 1, 2010](#)



[Emily](#) said:

Yes, these are tested and provides relief to arthritis patients if they do regularly. Our team has experience of years to deal arthritis, we always welcome questions from users. In June we are going to provide a new path to cure arthritis. keep in touch

On [June 2, 2010](#)



[Amy](#) said:

Yes, these are tested and provides relief to arthritis patients if they do regularly. Our team has experience of years to deal arthritis, we always welcome questions from users. In June we are going to provide a new path to cure arthritis. keep in touch

On [June 5, 2010](#)



[Ankush](#) said:

these exercises have helped my parents in recovering from arthritis, Am very thankful to cure2arthritis.com team hope they provide similar information in future

On [July 8, 2010](#)



[Prakash](#) said:

Really these are very useful exercises, even i was following some of them previously. These exercise are certainly beneficial, thanks a ton 4 your information

On [July 20, 2010](#)



[Online Poker](#) said:

good points and the details are more precise than elsewhere, thanks.

On [September 30, 2010](#)

- Murk

[cure2arthritis.com](#)



[Slindidge](#) said:

Can you suggest me some pain relief products

On [October 15, 2010](#)



[rachat credit](#) said:

Man, really want to know how can you be that smart, lol...great read, thanks.

On [October 25, 2010](#)



[Drug addiction](#) said:

Decent post

On [November 2, 2010](#)



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