



Try our free online rehab programme

Knee osteoarthritis can't be cured but we believe, with a long-term commitment to exercise, there is a better chance of living a more active life that is less affected by knee pain.

To guide you on your rehabilitation and recovery journey post Arthrosamid injection, we've teamed up with **Charlie Goodchild** and **Nick Guth**, two physiotherapists and specialists in knee pain from healthcare business, **Better**.

Charlie and Nick have created three exercise plans aimed at supporting three levels of ability:

- 1 Early stage,
- 2 Intermediate
- 3 Advanced.

ARTHROSAMID[®]
by
contura
ORTHOPAEDICS

Redefining joint care with
unparalleled innovation

Deciding which exercise group is right for you

Movement is good for everybody, at any stage of arthritis; the key is to choose exercise that is best suited to your current abilities. To help you select your ability level, Charlie and Nick have designed a short questionnaire.

You should aim to do your exercises every other day but doing them less often is also fine. What is important is that you aim to make these a part of your weekly routine and progress through the stages when you feel able.

Access the questionnaire via the QR code and answer the questions* as honestly as you can. You will then be directed to the level of exercise with which you should start.



Remember, the best exercise plan is the one that is stuck to long term.

* The questions are adapted from the Oxford Knee Score questions 1, 4, 5, 9 and 12 and from the MSK-HQ questions 9, 11 and 13.



Sit to stand

Reps: 10-15
Sets: 2-3
Rest: 60 seconds
Frequency: every 1-2 days



Bridges

Reps: 10-15
Sets: 2-3
Rest: 60 seconds
Frequency: every 1-2 days



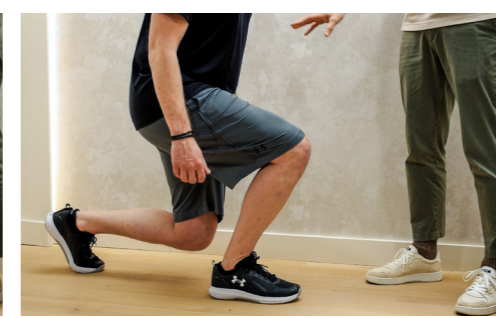
Hip abductions in standing

Reps: 10-15
Sets: 2-3
Rest: 60 seconds
Frequency: every 1-2 days



Heel raises in standing

Reps: 10-15
Sets: 2-3
Rest: 60 seconds
Frequency: every 1-2 days



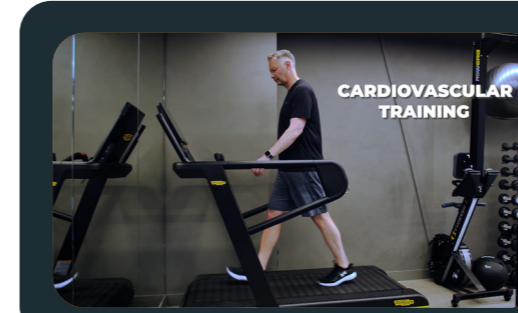
Mini split squat

Reps: 5-10 each side
Sets: 2-3
Rest: 60 seconds
Frequency: every 1-2 days



Step up

Reps: 10-15
Sets: 2-3
Rest: 60 seconds
Frequency: every 1-2 days



Early cardio

Walking & cycling

Time: Aim for 150 minutes of moderate intensity exercise per week

Frequency: every 1-2 days

If able, you should aim to move up to the next level after four weeks of performing these exercises.

Early

For those that haven't exercised much before or not for a long time, and have higher levels of discomfort during movement.



1



Weighted sit to stand

Reps: 10-12
Sets: 2-3
Rest: 60 seconds
Weight: **Something that feels moderately challenging**
Frequency: every 2-3 days

2



Single leg bridge and elevated bridge

Reps: 10-12
Sets: 2-3
Rest: 60 seconds
Frequency: every 2-3 days

3



Single leg mini dip

Reps: 10-12
Sets: 2-3
Rest: 60 seconds
Weight: **Something that feels moderately challenging if body weight is too easy**
Frequency: every 2-3 days

4



Split squat

Reps: 6-8 on each side
Sets: 2-3
Rest: 60 seconds
Weight: **Something that feels moderately challenging**
Frequency: every 2-3 days

5



Single leg heel raises

Reps: 8-12
Sets: 2-3
Rest: 60 seconds
Weight: **Something that feels moderately challenging if body weight is too easy**
Frequency: every 2-3 days

6



Deadlift

Reps: 10-12
Sets: 2-3
Rest: 60 seconds
Weight: **Something that feels moderately challenging**
Frequency: every 2-3 days



Intermediate cardio Walking, hiking & cycling

Time: **Aim for 150 minutes of moderate intensity exercise per week or 75 minutes of vigorous exercise (or a combination of different intensities)**
Frequency: every 1-2 days

If able, you should aim to move up to the next level after four weeks of performing these exercises.

Intermediate

For those that have been moderately active in recent years and have less discomfort with day to day activities.

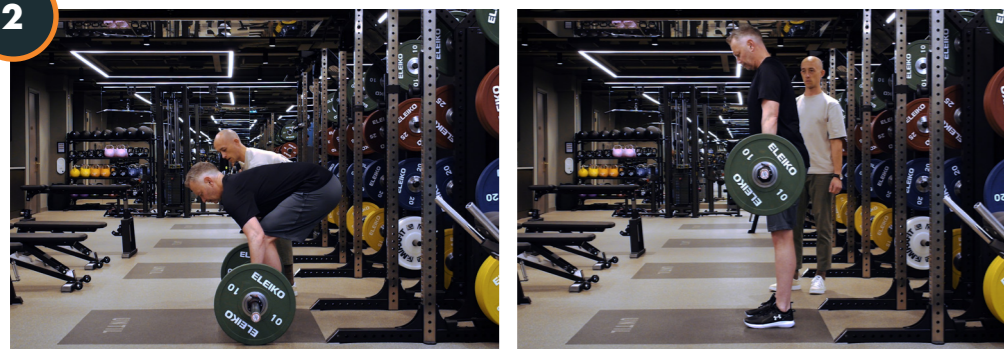




1

Goblet squat or barbell squat

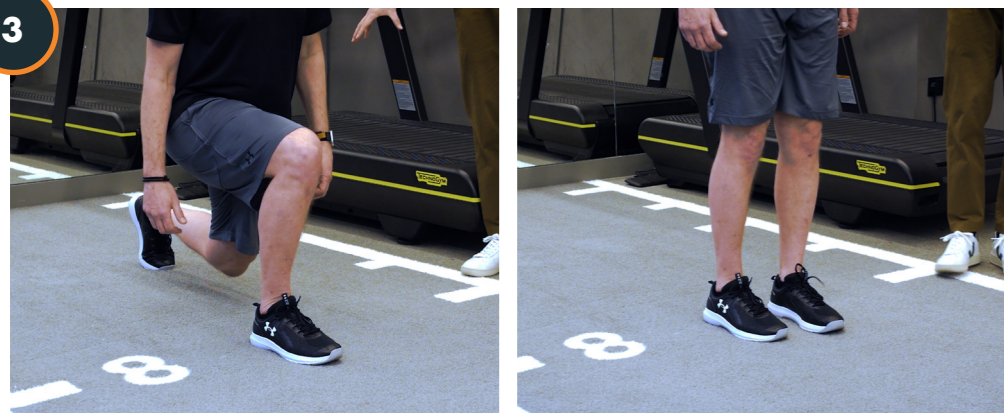
Reps: 8-10
 Sets: 2-3
 Rest: 90 seconds
 Weight: Something that feels moderately challenging
 Frequency: 1-2 times per week



2

Deadlift barbell

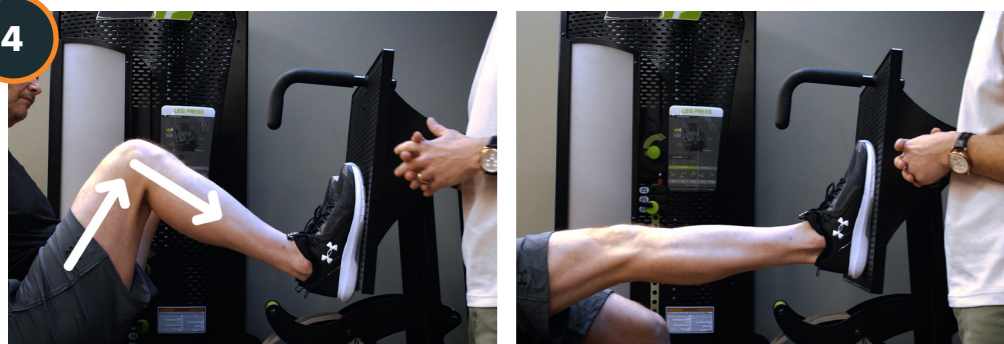
Reps: 8-10
 Sets: 2-3
 Rest: 90 seconds
 Weight: Something that feels moderately challenging
 Frequency: 1-2 times per week



3

Walking lunges – body weight into dumbbells

Reps: 5-8 on each side
 Sets: 2-3
 Rest: 90 seconds
 Weight: Something that feels moderately challenging
 Frequency: 1-2 times per week



4

Single leg press

Reps: 6-8 on each side
 Sets: 2-3
 Rest: 60 seconds
 Weight: Something that feels moderately challenging
 Frequency: 1-2 times per week



5

Seated or laying on front hamstring curl machine

Reps: 8-10
 Sets: 2-3
 Rest: 60 seconds
 Weight: Something that feels moderately challenging
 Frequency: 1-2 times per week



6

Seated knee extension machine

Reps: 8-10
 Sets: 2-3
 Rest: 60 seconds
 Weight: Something that feels moderately challenging
 Frequency: 1-2 times per week



7

Single leg weighted heel raises off step

Reps: 6-10
 Sets: 2-3
 Rest: 60 seconds
 Weight: Something that feels moderately challenging
 Frequency: 1-2 times per week

Advanced cardio

Running, hiking & cycling

Time: Aim for 150 minutes of moderate intensity exercise per week or 75 minutes of vigorous exercise (or a combination of different intensities)

Frequency: every 1-2 days

Advanced — in the gym

For those that have been regularly active for many years and may have used a gym to help keep fit in the recent past.



Get to know your specialist physiotherapists from Better



Charlie Goodchild

The founder of Better, a healthcare business based across three central London clinics, Charlie is an experienced physiotherapist. Having worked in the field of musculoskeletal physiotherapy since 2010, Charlie has developed a broad skillset in complex cases, persistent/chronic pain, exercise prescription/rehabilitation, sports injuries, and post-operative rehabilitation.



Nick Guth

A highly specialist physiotherapist, Nick brings a wealth of experience from private practice, the NHS and sporting environments. His expertise allows him to assess, plan and manage the rehabilitation of a diverse range of injuries.

Access this QR code to learn more about Charlie, Nick and the team at Better.



IMPORTANT: Each person will require a different dose of exercise to achieve optimal results. We recommend working with an experienced clinician to help individualise the exercises to your needs and capabilities. The exercise dose parameters are merely a guide and should not be considered medical advice.

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