

Knee osteoarthritis rehabilitation programme

Introduction

The knee osteoarthritis rehabilitation programme will help you to improve function and quality of life but is not intended to be a cure for your knee pain.

The programme is flexible and consists up to three one hour exercise sessions. It is advisable to complete the classes within six to eight weeks of starting. Each week there will be a group discussion covering topics such as: 'What is osteoarthritis?', SMART goals (S- smart, M-measurable, A- achievable, R-realistic, T-time specific), pacing activities, and the treatment and management of osteoarthritis.

Why should I take part in the knee osteoarthritis rehabilitation programme?

This class will help you to:

- Manage your knee pain and flexibility
- Increase your muscle strength and general fitness

What is expected of me?

- To be willing to continue with your exercises at home
- To commit to attending your sessions
- To wear comfortable loose clothing and suitable footwear to exercise
- **To inform programme staff of any new medical problems or if you are feeling unwell**
- To participate in mild to moderate activity / exercise

Programme location

- **Ealing Hospital**, Ealing Rehabilitation Service, Level 1, Orange Wing, Uxbridge Road, Southall UB1 3HW
Time: Tuesday: 2.30 to 3.30 pm, Friday: 1 to 2 pm
- **Ealing Day Treatment Centre**, Britten Drive, Southall, UB1 2SH
Time : Tuesday : 3 to 4pm, Thursday: 1 to 2 pm

Booking and cancellations

To book a class appointment, please call the Central Booking Team on 020 3893 8533 between 08.30am and 4.30pm within two weeks of your last appointment. .

You are welcome to book class follow up appointments at respective class site at the reception desk after the class or by calling the number above.

Please ring within 14 days of your last appointment otherwise you will be discharged. If you make an appointment but do not attend (without contacting the service) you will be discharged. We only allow one cancellation

What should I do to prepare for the programme?

Familiarise yourself with these exercises before you attend your sessions

For below exercises: Attempt at least one set of 10, but aim to complete two sets of 10



Marching on the spot: Hold onto support if you require and march on the spot for up to one minute



Sit to stand: Try this slowly using your legs to push. Gentle breathe to relax your body and move with ease.



Standing hip abduction: Stand straight holding on to a support. Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise

General Trust information

Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 020 8869 5118 between 9.30am and 4.30pm or e-mail LNWH-tr.PALS@nhs.net

Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

If you would like this information in an easy to read format, large print, braille, different format or language, please contact the PALS team on 020 8869 5118 or email lnwh-tr.PALS@nhs.net We will do our best to meet your needs.