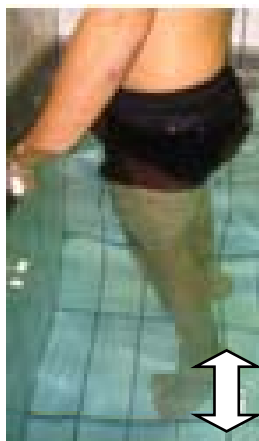


Hydrotherapy for knee osteoarthritis (OA) – exercise sheet

The aim of this information leaflet is to provide you with exercises for the hydrotherapy pool, as shown to you by your physiotherapist.

If you have any questions or concerns, please speak to the physiotherapist caring for you.

Ankle calf rises



Starting position

- Stand in the pool holding onto the rail.

Action

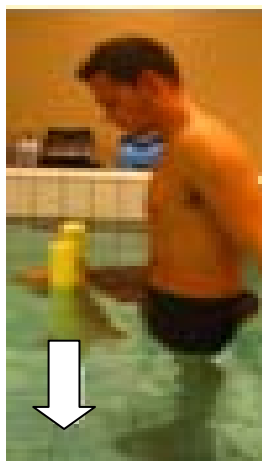
- Rise up onto your toes and then back down.

Progress

- Rise up on to toes one leg at a time then back down.

Repeat: _____

Buoyancy-resisted knee exercises / 'noodle push downs'



Starting position

- Stand with noodle under foot.

Action

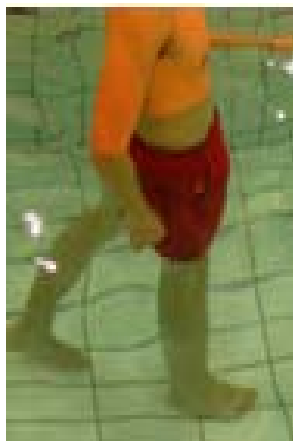
- Rise foot off the pool floor bending at the hip and knee.
- Push noodle down.

Progress

- Use additional noodles at the same time.

Repeat: _____

Walking



Starting position

- Standing in water.

Action

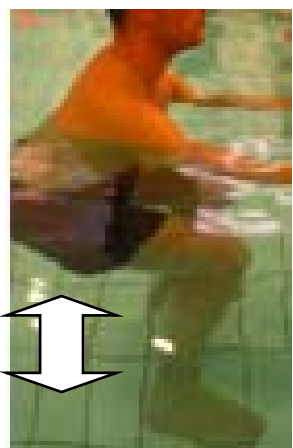
- Walk forwards / backwards / side to side.

Progress

- Increase speed by using paddles on your toes or heels.

Repeat: _____

Squats



Starting position

- Stand facing the wall.

Action

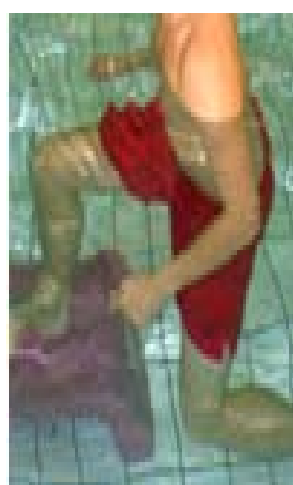
- Bend your hips and knees keeping your back straight.

Progress

- Go on to one leg / hold float / reduce depth.

Repeat: _____

Lunges



Starting position

- Stand facing the step.

Action

- Place your foot on the step and lunge forwards bending both knees to 90 degrees (at a right angle).

Progress

- Lunge further and hold for several seconds.

Repeat: _____

Step up / down



Starting position

- Stand facing the step.

Action

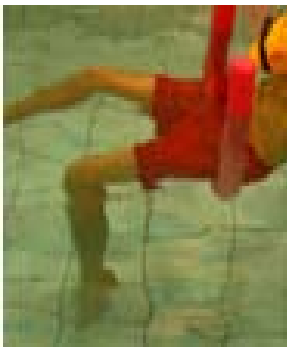
- Step up and down as directed by your physiotherapist.

Progress

- Reduce depth of step, step up and over step.

Repeat: _____

Cycling in corner



Starting position

- In a corner of the pool, add / remove floats for support.

Action

- Cycle legs.

Progress

- Increase speed / add fins.

Repeat: _____

Single leg balance



Starting position

- Standing on one leg in the water.

Action

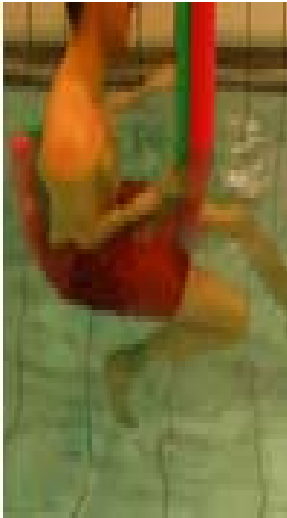
- Balance!

Progress

- Add turbulence (patient or therapist using float to achieve this), throw / catch ball.

Hold: _____

Cycling on noodle



Starting position

- Sitting on noodle.

Action

- Cycle legs.

Progress

- Increase speed / add fins.

Repeat: _____

Knee straightening / knee bending



Starting position

- Stand holding the rail.
- Start with knee in a bent position (with / without float).

Action

- Straighten the knee to bring the foot to the floor.

Progress

- Use arm band around ankle.

Repeat: _____

Contact us

If you have any questions or concerns about hydrotherapy, please contact your physiotherapist at **Guy's on 020 7188 5101** or **St. Thomas' on 020 7188 5095**, Monday to Friday, 8.30am – 4.30pm.

Out of hours, please contact your GP.

Contact us

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 e: members@gstt.nhs.uk w: www.guysandstthomas.nhs.uk/membership

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