

Recommended Exercise

Everyone, even people with painful knees should be exercising.

Strength exercise and general physical activity are recommended.

Strength Exercise

All people with knee osteoarthritis should do some type of leg strength exercise. Regular strength exercise makes the muscles around your knee strong and supportive. Over time strength exercise can reduce pain and help you be generally more active.

[My Knee Strength](#) contains your recommended 6-month knee strength program to get you started.

Visit My Knee Strength here
<http://mykneeexercise.org.au/my-knee-strength/>

General Physical Activity

For knee and general health people should spend some time on most days being physically active. It's recommended everyone do 20-60 minutes, 3-5 days a week of moderate activity. Moderate activity means you feel like you're putting in some effort and not just cruising along being gentle. But, if moderate activity is too difficult or causes discomfort, light activity is still beneficial. You also don't need to do 20-60 minutes of activity all at once. Bouts of activity 10 minutes at a time works too!

[My Knee Activity](#) contains useful information to help you increase your general physical activity in the next 6-months and beyond.

Visit My Knee Activity here
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