

Osteoarthritis Exercise Plan

Date: [Insert Date]

Dear [Patient's Name],

We understand that managing osteoarthritis symptoms can be challenging. To help you stay active and reduce discomfort, we have tailored an exercise plan specifically for you. Please find below the outlined exercises:

Warm-Up Routine

- Gentle Neck Stretches - 5 minutes
- Shoulder Rolls - 5 minutes
- Ankle Circles - 5 minutes

Main Exercises

- Walking - 20 minutes (at a comfortable pace)
- Seated Leg Extensions - 3 sets of 10 repetitions
- Wall Push-Ups - 3 sets of 8 repetitions
- Chair Stands - 3 sets of 10 repetitions

Cool-Down Routine

- Gentle Stretching - 5 minutes
- Deep Breathing Exercises - 5 minutes

Please remember to listen to your body and modify any exercises that cause pain. Aim to perform this routine [Insert Frequency, e.g., 3-4 times a week]. If you have any questions or concerns, do not hesitate to reach out.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]