



## Hip and Knee Exercises - OASIS

<https://phc.eduhealth.ca/en/permalink/phem3970>

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**Description:** Patients information on recommended exercises for hip and knee with diagrams.

**Format:** Factsheet

**Topic:** Healthy Living

**Subject:** Fitness & Exercise

**Keywords:** Osteoarthritis

Oasis

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### Documents



FB.327.H57.pdf

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