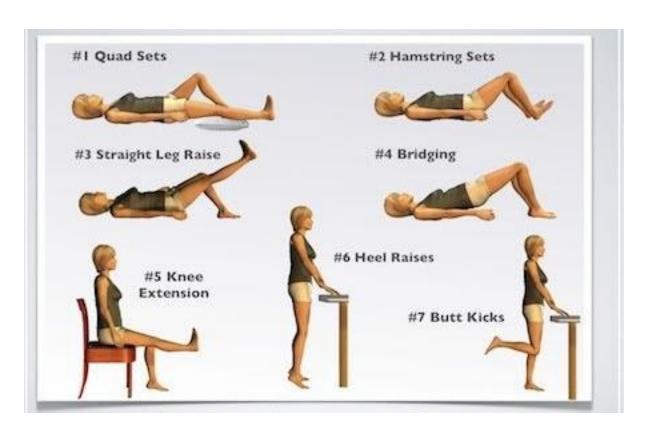


## DR. ARNAB KARMAKAR MS, DNB ORTHOPAEDICS GOLD MEDALIST CONSULTANT ORTHOPAEDIC SURGEON

## **EXERCISES FOR KNEE OSTEOARTHRITIS**



AVOID SQUATTING, SITTING CROSS LEGGED & STAIR CLIMBING

DO NOT EXERCISE IN ACTIVE PAINFUL CONDITION.

CONTACT MY ASSITANT FOR ANY HELP AT 9830491377