

# Exercise Program for Meniscus Tear



*Your healthcare provider may recommend exercises to help treat your meniscus tear.*

*Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.*

*Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.*

## Quad Sets

1. Sit on the floor with your affected leg straight. Your other leg can be straight or bent.
2. Flex the foot of your affected leg by bringing your toes toward you. Press the back of your knee into the floor while tightening the muscle on the top of your thigh.
3. Hold for 5 seconds. Then relax.
4. Repeat 10 times.

Tip:

- If you feel discomfort in the front or back of your knee, you can place a small rolled towel under your knee.



## Straight Leg Raise

1. Lie on your back with your affected leg straight in front of you. Bend your unaffected knee up so your foot is flat on the floor.
2. Flex the foot of your straight leg by bringing your toes toward you. Then tighten the thigh muscles of your straight leg by pressing the back of your knee into the floor.
3. Raise your straight leg about 8 inches off the floor, about the height of your opposite knee. Hold for 5 seconds, then lower slowly.
4. Repeat 10 times.

Tip:

- Do not arch your back or hunch your shoulders during the exercise.



## Mini Squat

1. Stand with your feet shoulder-width apart and your hands on the back of a chair, table, or countertop for balance.
2. Bend your knees into a mini squat, stopping about one-third of the way down. Then slowly stand back up.
3. Repeat 10 times.

Tips:

- Keep your back straight and lean your upper body forward slightly.
- Keep your heels on the floor at all times.
- Do not let your knees go forward past your toes.



## Hamstring Curls

1. Lie on your stomach with your knees straight. You may place a pillow under your pelvis for comfort, if desired.
2. Lift the foot of your affected leg up towards your buttocks. Then slowly lower your leg back to the floor.
3. Repeat 10 times.

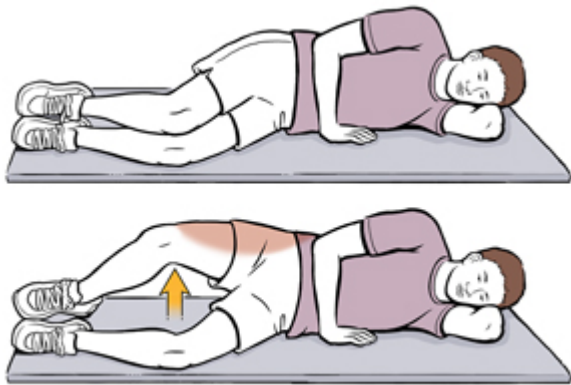
Tip:

- If it hurts to lift your leg, try bending your knee less.



## Clamshell

1. Lie on your side and bend both knees.
2. Keeping your feet together, lift your top knee up so your knees are separated. Keep your hips stacked on top of each other.
3. Slowly lower your knee back down.
4. Repeat 10 times. Then switch sides.



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