

Meniscus Rehab Exercises

What are meniscus tears?

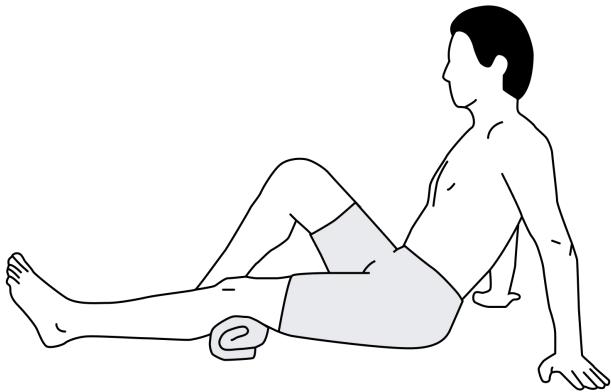
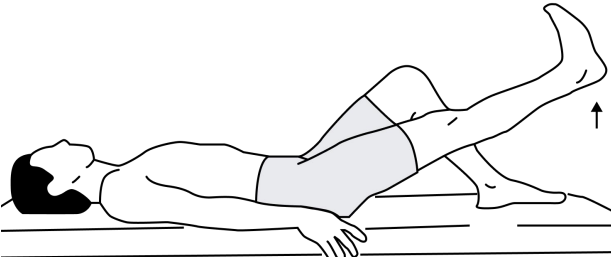
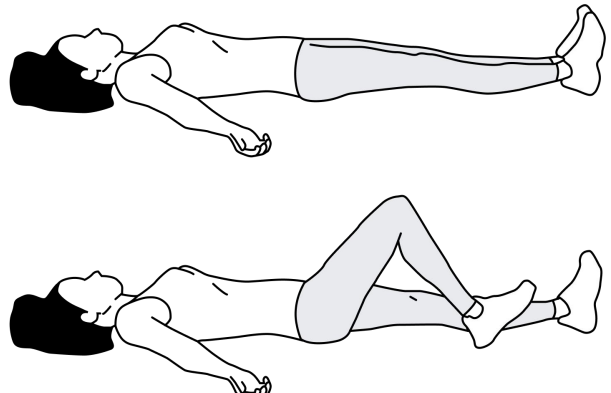
A meniscus tear is an injury to the C-shaped cartilage that cushions and stabilizes the knee joint. Tears can occur due to sudden twisting movements or gradual wear and tear. Symptoms may include pain, swelling, stiffness, and difficulty fully extending the knee.

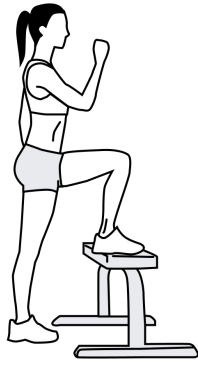
Meniscus tear rehabilitation exercises considerations

When performing rehab exercises, consider factors such as pain level, repetitions, and stage of the rehab program. Start gently and gradually increase intensity as pain subsides and range of motion improves. Aim for 10-15 repetitions of each exercise, 2-3 times daily, unless otherwise instructed by your physical therapist.

Meniscus rehab exercises

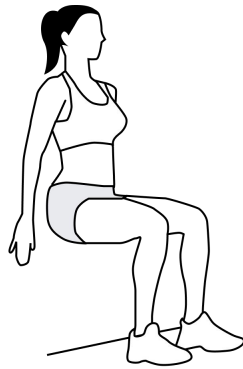
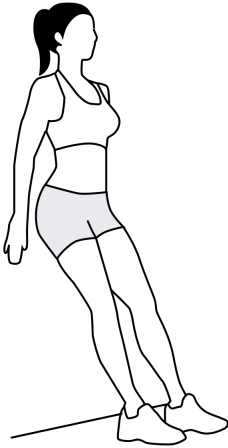
Your physical therapist may teach you the following exercises:

	<p>1. Quad sets:</p> <p>Sit with the affected leg straight. Tighten the front thigh muscles by pressing the back of your knee into the ground. Hold for 5-10 seconds, then relax. Repeat 10-15 times.</p>
	<p>2. Straight leg raises:</p> <p>Lie on your back with the affected leg straight and the other leg bent. Slowly lift the straight leg 6 inches off the ground, keeping the knee locked. Hold for 5-10 seconds, then slowly lower. Repeat 10-15 times.</p>
	<p>3. Heel slides:</p> <p>Lie on your back with your legs straight. Slowly bend the affected knee, sliding your heel towards your buttocks. Hold for 5-10 seconds, then slowly straighten your leg. Repeat 10-15 times.</p>



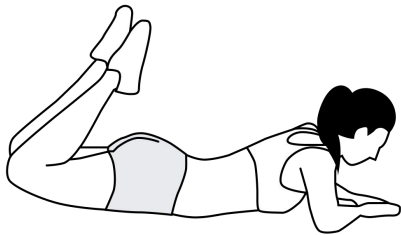
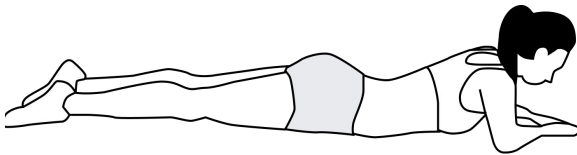
4. Step-ups:

Stand in front of a low step. Step up onto the platform with the affected leg. Slowly step back down. Repeat 10-15 times.



5. Wall squats:

Stand with your back against a wall, feet shoulder-width apart. Slowly slide down the wall, bending your knees to 45 degrees. Hold for 5-10 seconds, then slowly slide back up. Repeat 10-15 times.



6. Hamstring curls:

Stand holding onto a chair for balance. Bend the affected knee, bringing your heel towards your buttocks. Hold for 5-10 seconds, then slowly lower. Repeat 10-15 times.



7. Calf raises:

Stand with your feet shoulder-width apart. Rise up onto your toes, then slowly lower back down. Repeat 10-15 times.

How to use this meniscus rehab exercises handout

Your physical therapist will review each exercise with you, demonstrating proper form. Follow their guidance on repetitions, frequency, and progression based on your individual needs and stage of rehab. Track your progress and report any pain or difficulties to your physical therapist.

Benefits of practicing these exercises

Regular meniscus rehab exercises can:

- Reduce knee pain and swelling
- Improve knee flexibility and range of motion
- Strengthen muscles that support the knee joint
- Speed up recovery and reduce the risk of re-injury
- Help you return to daily activities and sports with greater ease

Additional comments and reminders

References

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