

Home Exercise Program for Meniscal Tear

- Perform the exercises in the order listed.
- To prevent inflammation, after completing the exercises apply a bag of crushed ice or frozen peas to the affected side of the knee for 20 minutes or until numb.
- If the exercises increase the pain in your knee or if the pain does not improve after performing the exercises for 3 to 4 weeks, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercises for Meniscal Tear

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hamstring curl	Hamstrings	25 repetitions/3 sets	4 to 5	3 to 4
Straight leg raise	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4

Hamstring Curl

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold on to the back of a chair or the wall for balance.
- Bend the affected knee, raising the heel toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 25 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.

Seated version

- Sit on a chair with your feet flat on the floor.
- Slide the foot on the affected side back and hold the position for 5 seconds.
- Perform 3 sets of 25 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.

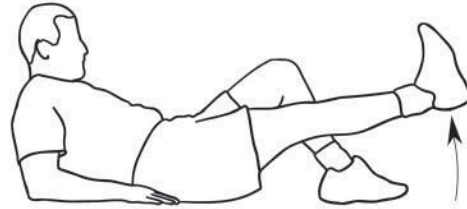


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Meniscal Tear

Straight Leg Raise

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the affected leg completely straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 10 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



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