

Prepared for: _____

Prepared by: _____

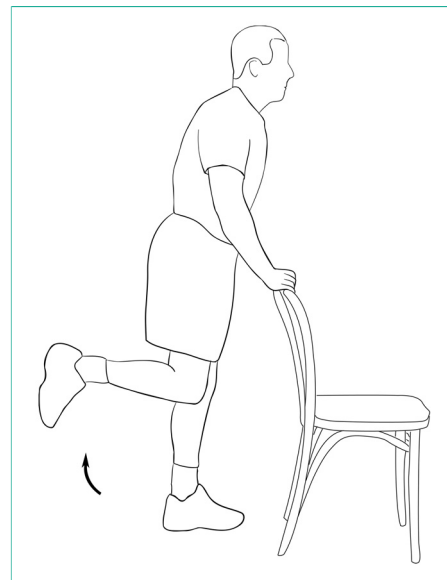
Home Exercise Program for Meniscal Tear

- Perform the exercises in the order listed.
- To prevent inflammation, apply a bag of crushed ice or frozen peas to the injured side of the knee after completing the exercises 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.

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

Hamstring Curls

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold onto the back of a chair or the wall for balance.
- Bend the injured 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 a 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 injured side back and hold the position for 5 seconds.

Straight-Leg Raises

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the injured leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the injured 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 a week, continuing for 3 to 4 weeks.

