

Exercise Program for Meniscus Tear

After a meniscus tear, performing home exercises can help you regain strength and function in your knee.

There are 5 exercises in this program: Quad Sets, Straight Leg Raises, Mini Squats, Hamstring Curls, and Clamshells.

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

Now, let's get started.

To do quad sets: Sit on the floor with your affected leg straight. Your other leg can be straight or bent. Flex the foot of your straight 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.

Hold for 5 seconds. Then relax.

Repeat 10 times.

To do straight leg raises: Lie on your back with your affected leg straight in front of you. Bend your other knee up so your foot is flat on the floor.

Flex the foot of your straight leg by bringing your toes toward you. Then press the back of your knee into the floor to tighten your thigh muscles.

Raise your straight leg about 8 inches off the floor, about the height of your opposite knee.

Hold for 5 seconds, then lower slowly.

Repeat 10 times.

To do mini squats: Stand with your feet shoulder-width apart. Rest your hands on the back of a chair, table, or countertop for balance, and lean forward slightly.

Keeping your back straight, bend your knees into a mini squat. Stop about one-third of the way down. Then slowly stand back up.

Repeat 10 times.

To do hamstring curls: Lie on your stomach with your knees straight. You may place a pillow under your pelvis for comfort, if desired.

Lift the foot of your affected leg up towards your buttocks. Then slowly lower your leg back to the floor.

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Repeat 10 times.

To do clamshells: Lie on your side and bend both knees.

Keeping your feet together, lift your top knee up so your knees are separated.

Slowly lower your knee back down.

Repeat 10 times. Then switch sides.

Talk to your healthcare provider or physical therapist about these exercises and others to improve function in your knee.