EXERCISES FOR MENISCAL TEAR
LEVEL 1

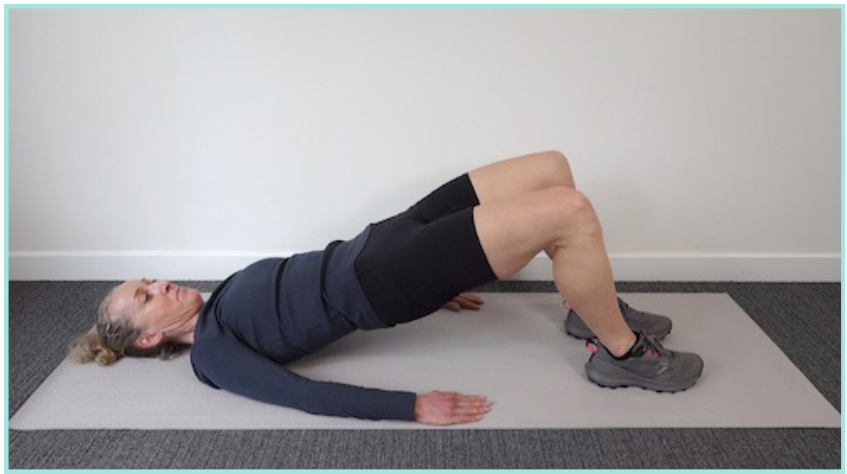
This exercise programme is designed to strengthen the thigh, buttock and hamstring muscles that support your knee.

Quadriceps Activation with Roll

- Sit with legs outstretched and a firm roll under the knee of exercising leg.
- Press your knee onto the roll and raise your heel up to straighten your leg.
- Your thigh muscles should tense as you pull your toes towards your head.
- Hold tension for 10 seconds before slowly lowering the heel.
- Repeat 15 times. Build up to 3 sets (total of 45 repetitions) for each leg.

Straight Leg Raise

- Sit on the floor or a firm bed.
- With one leg in a bent position, straighten your exercising leg and pull your toes towards your head.
- Raise your straight leg 6 inches off the floor and hold for 10 seconds.
- Slowly lower and repeat 15 times. Build up to 3 sets (total of 45 repetitions) for each leg.



Bridging

- Lie with your knees bent and feet apart.
- Slowly lift your buttocks off the floor.
- Hold the position for 5 seconds.
- Keep your shoulder blades on the floor.
- Slowly lower your hips back to the floor. You can repeat ‘Slowly up, hold, 2, 3, 4, 5, slowly down’.
- Build up to 15 times x 2 sets (total of 30 repetitions).

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