EXERCISES FOR MENISCAL TEAR
LEVEL 2

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

Wall Slide

- Stand with back leaning against the wall. Feet approx. 2ft (60cm) from wall.
- Slide slowly down into a high sitting position.
- Hold for 10 seconds, then slide back up.
- As you get stronger, slide lower down the wall and increase the hold for up to 30 seconds.
- Repeat 3 times x 30 second hold.

Chair Stand

- Stand with arms outstretched, feet parallel and hip distance apart.
- Sit down with a slow controlled movement and return to standing
- Repeat ‘Down, 2, 3, 4, up, 2, 3, 4’.
- Keep knees in line with your toes.
- Repeat 15 times. Build up to 3 sets (total of 45 repetitions).
- As you get stronger, during each repetition try to barely touch the seat with your bum before you stand back up.

Sliding Backwards Lunge

- Rest hands lightly on a chair or use a sturdy broom handle for support.
- Put your weight on the exercising leg.
- Place your other foot lightly on a sliding surface and slide your foot backwards.
- Bend the knee of the front leg until thigh is nearly parallel to the floor.
- Return to the starting position by sliding foot forwards.
- Keep your torso upright throughout.
- Repeat 10 times with each leg. Build up to 3 sets of 10 repetitions.

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