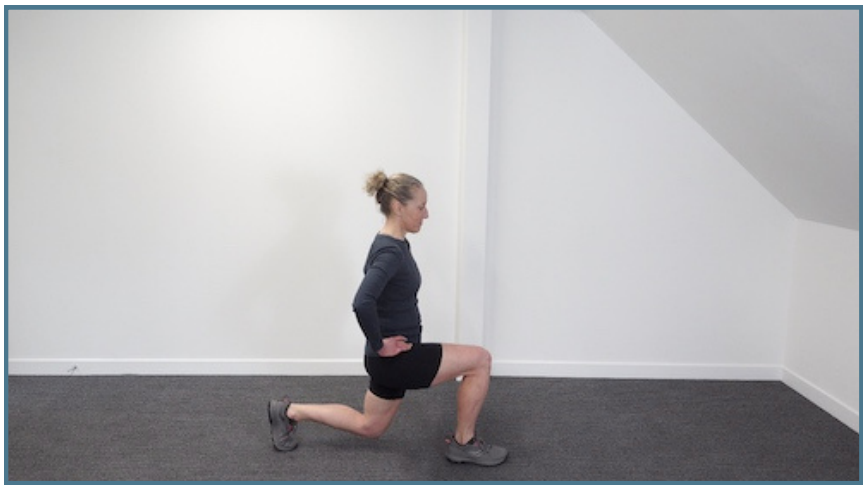
EXERCISES FOR MENISCAL TEAR
LEVEL 3

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



Reverse Lunge

- Stand with feet together, then step backwards until the front knee (the exercising leg) is bent to 90°. Keep the front foot in the starting position.
- Push through your front heel as you bring the back leg forward to the starting position.
- Repeat 10 times. Build up to 3 sets of 10.
- Tip: Concentrate on keeping your front knee aligned with your foot.

Off-set or One-leg Squat

- Stand with feet hip-width apart and use broom handle for support.
- Transfer your weight to the exercising leg, leave the toes of opposite leg on floor to provide stability.
- Sit back into a squat position. Keep your knee behind your toes at all times
- Push back up through the exercising leg to the starting position
- To advance the exercise, remove the support of the stick and the supportive foot and instead do a one-leg squat from a high table.

Step-ups

- Place the foot of the exercising leg on a sturdy high step or bench.
- Step up onto the step with a slow controlled movement.
- Lightly touch the other foot to the step, and step back down to the start position.
- Keep body weight on the foot on the step throughout the exercise.
- Ensure the knee is aligned over your foot as you step up.
- Repeat 10 times with the foot of the exercising leg remaining on the step. Build up to 3 sets (total of 30).