

Knee exercises

Meniscal tear



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Quad sets



Tighten the thigh with the leg straight.

15 times**3 times a day****✓ Should feel**

The thigh working

X Should not feel

Knee pain



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

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Monday to Saturday · Sunday by prior appointment only

2

Heel slides



Slide the heel up, bending the knee as far as comfortable.

10 times

3 times a day

✓ **Should feel**

The knee bending

✗ **Should not feel**

Catching or locking — tell us



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3

Straight leg raise



Lift the straight leg 20 cm.

10 times

3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending



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4

Hamstring curl



Bend the knee against light resistance.

12 times

Daily

✓ **Should feel**

The back of the thigh working

✗ **Should not feel**

Pain at the back of the knee



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5

Mini wall sit



Slide down a wall a little way and hold.

Hold 10 seconds

10 times

✓ **Should feel**

The thighs working

✗ **Should not feel**

Deep knee pain

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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