

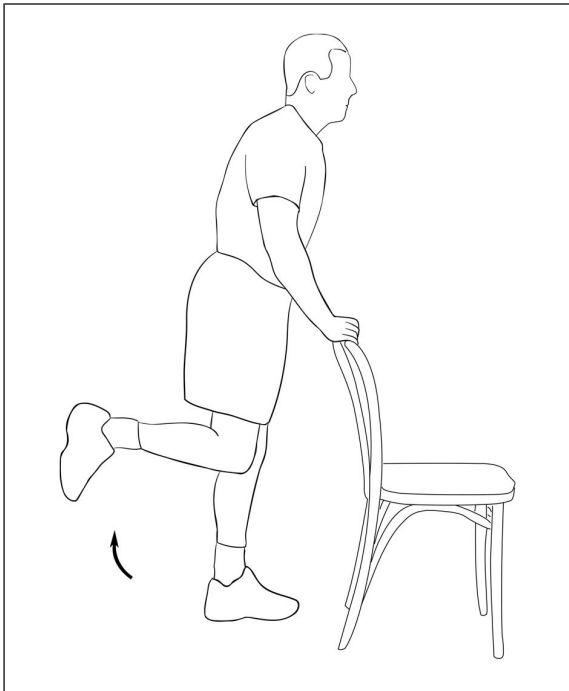
Exercise Program for: \_\_\_\_\_

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## HOME EXERCISE PROGRAM FOR MENISCAL TEAR

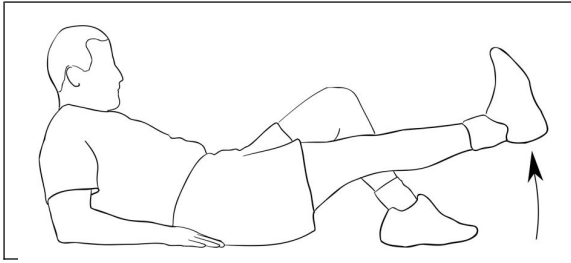
Perform the exercises in the order listed. To prevent inflammation, apply a bag of crushed ice or frozen peas to the injured side of the knee for 20 minutes after completing the exercises. If the exercises increase the pain in your knee or if the pain does not improve after performing the exercises for 3 to 4 weeks, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hamstring curls	Hamstrings	25 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4



### HAMSTRING CURLS

Stand on a flat surface with your weight evenly distributed on both feet. Hold onto the back of a chair or the wall for balance. Bend the injured knee, raising the heel toward the ceiling as far as possible without pain. Hold this position for 5 seconds and then relax. Perform 3 sets of 25 repetitions 4 to 5 days a week, continuing for 3 to 4 weeks. Seated version: Sit on a chair with your feet flat on the floor. Raise the injured knee off the chair and hold the position for 5 seconds.



## STRAIGHT-LEG RAISES

Lie on the floor, supporting your torso with your elbows as shown. Keep the injured leg straight and bend the other leg at the knee so that the foot is flat on the floor. Tighten the thigh muscle of the injured leg and slowly raise it 6 to 10 inches off the floor. Hold this position for 5 seconds and then relax. Perform 3 sets of 10 repetitions 4 to 5 days a week, continuing for 3 to 4 weeks.