

MENISCECTOMY - Day 1 Rehab Exercises



Rehab Exercises (1-3 Rounds)

- Quad locks - 10 reps hold 5 seconds
- Ankle pumps - 10 reps
- Ankle circles - 10 clockwise/10 counter clockwise
- Standing weight shifts - 30 reps
- Standing mini squats 0 to 30 degrees - 10 reps
- Heel slides to tolerance
- Hamstring and calf stretches

Post Workout R.I.C.E

- Rest - get off your feet
- Ice - 20 minutes on/off
- Compression - ace bandage
- Elevate - knee above heart