

Torn Meniscus- Rehab Exercises Phase 1



Rehab Exercises (Build to 2x per day AM/PM)

- Quad Locks | 3x10 - 3sec hold
- Straight Leg Raises | 3x10
- V-Leg Raises | 3x10
- T-Leg Raises | 3x10
- Heel Slides | 3x10
- Standing Weight Shifts | 30reps Alternate L R
- Standing Mini Squats | 3x10
- Isometric Knee Extension | 3x10 - 10 sec hold (90 to 60 degrees)
- Open Chain Knee Extension | 3x10
- Single Leg Stance | 3x 30sec hold
- Calf Raises | 3x10
- Standing Knee Flexion | 3x10
- Gastroc Stretch | 3x 30sec hold

Post Workout R.I.C.E (At least once per day)

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