

Torn Meniscus- Rehab Exercises Phase 2



Rehab Exercises (Once per Day 2-4 weeks)

- Quad Locks OUT - do them while watching tv or doing work at a desk
- Fast Cadence to Leg Stance | 3x30
- Bent Knee Glute Bridge | 3x10
- Lateral Step Up with Stability | 3x10
- Standing Squats | 3x15
- Leg Raises w/Ankle Weight | 2x30 [10x Straight 10x V-raise 10x T-raise]
- Open Chain Knee extension w/Ankle Weight | 3x10
- Calf Raises w/Ankle Weights | 3x10
- Standing Knee Flexion w/Ankle Weight | 3x10
- Standing Band TKE | 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