

Exercises following meniscus repair surgery

Often a knee brace is provided for first 6 weeks following surgery. This brace limits knee bend beyond 90 degrees. Depending on the type of tear, you may occasionally be asked to avoid putting weight on the operated leg for about 6 weeks. In that case, you may not be able to do certain exercises for first 6 weeks. This rehabilitation plan may be different for each patient. After 6 weeks, most patients would be asked to wean off their brace. To protect the repair, you should avoid deep squats for upto 6 months following surgery.

1 Ice application



Wrap an icepack or any cold item in a thin washcloth. Apply over the affected area for no longer than 15 minutes at a time.

This can be completed every 2 hours but twice a day at a minimum

2 Stretching calf sitting



Reps: 5-10 Freq: 2-5xdaily

WEEK 1 onwards.

Sit with your legs out in front of you and put a towel or strap around the ball of your foot, this must not be stretchy, hold the ends of the strap in your hands. Pull up against the strap until you feel a stretch at the back of your leg.

3 Knee end range extension



Reps: 5-10 Freq: 2-5xdaily

WEEK 1 onwards

Lie on your back with a towel rolled under your ankle. Allow gravity to pull your knee down straight, rest in this position and maintain the stretch for as long as you can tolerate, up to 2 minutes.

4 Isometric quadriceps

Reps: 5-10 Freq: 2-5xdaily



WEEK 1 onwards

Sit with your operated leg out in front of you, pull your toes up towards you and push the back of your knee down into the bed by tightening your thigh muscle.

5 Strengthening ASLR (12 inches)

Sets: 3 Reps: 5-10 Freq: 2-5xdaily



WEEK 1 onwards

Lie on your back or sit up with one knee bent and the affected leg completely straight.

Lift your leg off the bed about one foot high off the surface, keeping it straight hold for 10s.



Lower the leg to the starting position and repeat.

6 Knee flexion with towel AAROM

Reps: 5-10 Freq: 2-5xdaily



WEEK 1 onwards

Lie or sit up with a towel behind your thigh, pull on the towel to assist the knee to bend.

Hold the flexed position for the recommended time, do not pull up past 90 degrees (a right angle).



7 Isometric knee flex./ext. 45°



WEEK 3 ONWARDS

Sit at the edge of a bed/chair with your ankle crossed. Bend your knees 45°.

Try to extend the bottom leg and bend the top leg by pushing your ankles together as much as you can without moving.



Relax and repeat the exercise crossing your ankle the opposite way.

8 Sit to stand



WEEK 3 ONWARDS

Sit on a chair that has been placed against the wall to prevent slipping. Perch yourself so as to be closer to the edge of the chair. Place your feet wide, keeping your heels in contact with the floor.



Practice sitting and standing aiming to keep your weight 50:50 through both of your feet. Do not let the knee bend more than 90 degrees, your brace should stop this anyway.

9 Hip abduction

Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 3 onwards



Lay on your unaffected side with your head supported and lower leg bent for stability.

Straighten your affected leg and lift, keeping the foot parallel to the ground and the foot no higher than your hip - this picture is lifting the foot too high.



Do not move your pelvis forwards or backwards as you lift.

10 Hip adduction

Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 3 onwards



Lay on your affected side with your head supported and upper leg bent to 90 degrees for stability.

Straighten your affected leg and lift, keeping the foot parallel to the floor and keeping your pelvis stable.



11 Calf Raises

Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 6 onwards



Stand on both feet with your hands on a chair or table for balance.

Raise on your tiptoes without bending the knees.

Lower under control to come back to the starting position and repeat.



12 Knee terminal extension

Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 6 onwards



Stand back to a wall with a rolled towel behind the affected knee.

Straighten your knee by pushing the back of the knee against the towel.

Hold for the required time.



13 Knee extension with elastic



Sets: 3 Reps: 5-10 Freq: 2xdaily

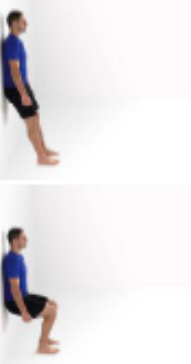
WEEK 6 onwards

Tie an elastic to a secure object and place it around your thigh, just above the involved knee.

Stand on the involved leg, bent at 45 degrees while the toe touches the floor and use the secure object to maintain balance.

Straighten leg, keeping your heel on the floor.
Return to the starting position.

14 Wall slide



Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 6 onwards

Stand up against a wall with your feet in front of you (be guided by your physiotherapist for foot placement).

Slide down the wall so that your knees do not pass your ankles. Keep your upper body in contact with the wall.

Do not pass 60 degrees at your knees.

15 Single leg balance



Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 6 onwards

Stand and lift your unaffected leg, keeping pelvis and shoulders level.

Keep your affected knee soft with a slight bend.

Be guided by your physiotherapist for balance challenges.

16 Single leg dip



Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 6 onwards

Stand on one leg with your foot facing forward. Lower your body by bending the knee (but only to 30 degrees - be guided by your physiotherapist for this) keeping the knee cap aligned with the second toe. Return to the starting position and repeat. Keep your knee stable without bringing it in or out. Maintain level pelvis and shoulders.

17 Knee flexion through range



Sets: 3 Reps: 5-10 Freq: 2xdaily

WEEK 6 onwards

Lie in a prone position and bend one knee by bringing the heel toward the buttock. Do not arch the lower back while doing the movement. Release slowly back down until knee is straight and repeat.

18 Stationary bike



Freq: 3xweek

WEEK 8 onwards

Adjust the seat height so your knees are slightly bent while at the bottom of the cycle. As symptoms allow- begin with no resistance and gradually increase as able.

19 Leg press



Sets: 3 Reps: 5-10 Freq: 3xweek

WEEK 8 onwards

Place your feet on the platform at shoulder width.

Unlock the safety mechanism and press the platform all the way up until your legs are fully extended in front of you. This is the starting position.

Begin with a light and manageable weight - be guided by your physiotherapist if you are unsure.

Lower the platform toward you under control but do not let the knees bend more than 90 degrees.

Push back up to the starting position.

Your heels should never come off the platform.

Make sure to never lock your knees in the extended position.

Begin double leg and progress to single leg ensuring you reduce the weight.

20 Glute bridge

Sets: 3 Reps: 5-10 Freq: 2-5xdaily

WEEK 8 onwards



Lie on your back with your knees bent.

Contract your buttocks and flatten your back into the bed, tightening your trunk muscles.

Lift your hips off the ground until your trunk is aligned with your legs.



Do not overarch your lower back

Slowly return to the initial position and repeat.

21 Treadmill walking



Freq: 3xweek

WEEK 8 onwards

Walk on a treadmill or outside as symptoms allow.

Do not run.



22 Cross trainer



Freq: 3xweek

WEEK 8 onwards

Cross trainer/elliptical- as symptoms allow



23 Leg extension



Sets: 3 Reps: 5-10 Freq: 3xweek

WEEK 8 onwards

Sit down on the seat and adjust the machine so you have about four fingers width from the end of the seat and the back of your knees.

Extend the knees in control.



24 Seated leg curl



Sets: 3 Reps: 5-10 Freq: 3xweek

WEEK 8 onwards

Adjust the backrest so your knees are at the end of the seat and unsupported. The ankle pad should be low on your leg just above the ankle and your knees stabilized by the knee pad.

Pull both heels down against the pad.

Keep your back neutral and do not arch the lower back.

