

Meniscus Rehab Exercises Handout

MENISCUS REHAB EXERCISES HANDOUT

What are meniscus tears? A meniscus tear is an injury to the C-shaped cartilage that cushions and stabilizes the knee joint. Tears can occur due to sudden twisting movements or gradual wear and tear. Symptoms may include pain, swelling, stiffness, and difficulty fully extending the knee.

Meniscus tear rehabilitation exercises considerations: When performing rehab exercises, consider factors such as pain level, repetitions, and stage of the rehab program. Start gently and gradually increase intensity as pain subsides and range of motion improves. Aim for 10-15 repetitions of each exercise, 2-3 times daily, unless otherwise instructed by your physical therapist.

Meniscus rehab exercises: Your physical therapist may teach you the following exercises:

How to use this meniscus rehab exercises handout: Your physical therapist will review each exercise with you, demonstrating proper form. Follow their guidance on repetitions, frequency, and progression based on your individual needs and stage of rehab. Track your progress and report any pain or difficulties to your physical therapist.

Benefits of practicing these exercises: Regular meniscus rehab exercises can: Reduce knee pain and swelling, Improve knee flexibility and range of motion, Strengthen muscles that support the knee joint, Speed up recovery and reduce the risk of re-injury, Help you return to daily activities and sports with greater ease

Additional comments and reminders

Specify below: