

Ben W. Kittredge, IV, MD
OrthoVirginia

Alexandria Office
(703) 810-5209
2805 Duke Street
Alexandria, Virginia 22314

Springfield Office
(703) 810-5210
6355 Walker Lane, Suite 202
Alexandria, Virginia 22310

Meniscal (Cartilage) Tear Rehabilitation Exercises

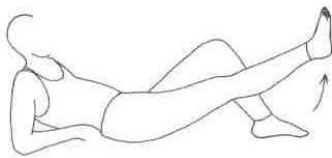
You may do exercises 1 through 3 right away. You may do exercises 4 through 6 when the pain in your knee has decreased.

1. Standing calf stretch: Facing a wall, put your hands against the wall at about eye level. Keep your injured leg back, your uninjured leg forward, and the heel of your injured leg on the floor. Turn your the foot of your injured leg slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Repeat 3 times.



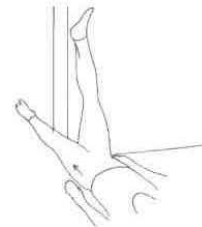
Standing calf stretch

2. Hamstring stretch: Lie on your back with your buttocks close to a doorway and extend your legs straight out in front of you along the floor. Raise your injured leg and rest it against the wall next to the door frame. Hold this position for 30 to 60 seconds. You will feel a stretch in the back of your thigh. Repeat 3 times.

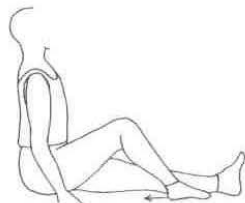


Straight leg raise

3. Straight leg raise: Sit on the floor with your injured leg straight, your other leg bent, and your foot flat on the floor. Move the toes of your injured leg toward you as far as you can, while pressing the back of your knee down and tightening the muscles on the top of your thigh. Raise your leg 6 to 8 inches off the floor and hold for 5 seconds. Slowly lower it back to the floor. Repeat 20 times.



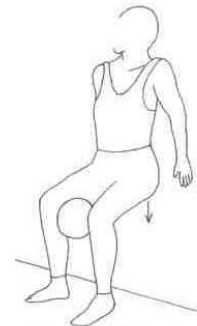
Hamstring stretch



Heel slide

4. Heel slide: Sit on a firm surface with your legs straight in front of you. Slowly slide the heel of your injured leg toward your buttock by pulling your knee to your chest as you slide. Return to the starting position. Repeat 20 times.

5. Wall squat with a ball: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Place a rolled up pillow or a nerf ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until your thighs are parallel to the floor. Hold this position for 10 seconds. Slowly stand back up. Make sure you keep squeezing the pillow or ball throughout this exercise. Repeat 20 times.



Wall squat with a ball

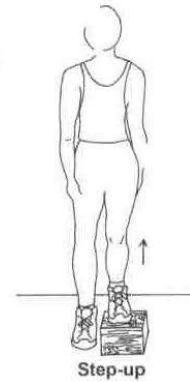
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6. Step-up: Stand with the foot of your injured leg on a support (like a block of wood) 3 to 5 inches high. Keep your other foot flat on the floor. Shift your weight onto the injured leg and straighten the knee as the uninjured leg comes off the floor. Lower your uninjured leg to the floor slowly. Repeat 10 times.



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