

UPSWING HEALTH

Medial Meniscus Tears

Heel Slides

With towel around heel, gently pull involved knee upwards with towel until a stretch is felt in the knee. Perform 10 repetitions, holding for 5 seconds each side, 2-3 times a day.



Prone Hang

Lie on your stomach on the side of your bed with your knees just off the bed. Allow your involved knee to relax as much as possible as pictured. You may place an ankle weight to promote more extension once tolerated. Perform 5-10 minutes 3-5 times a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Quarter Wall Squats

Leaning on wall, slowly lower buttocks toward floor until your knees are slightly bent. Your knees should remain over your ankles, not in front of your toes. Tighten thigh muscle as you return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



Anterior Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



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Lateral Step Ups

Step up onto step with involved leg, then straighten that leg, as pictured. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



Bird Dips

While standing on the involved leg, with your knee slightly bent, bend forward at the hip to a pain-free distance that you can control. Return to the starting position. (As you bow from the hip, kick your buttocks out to keep your back straight.) Perform 2-3 sets of 10 repetitions, once a day.

