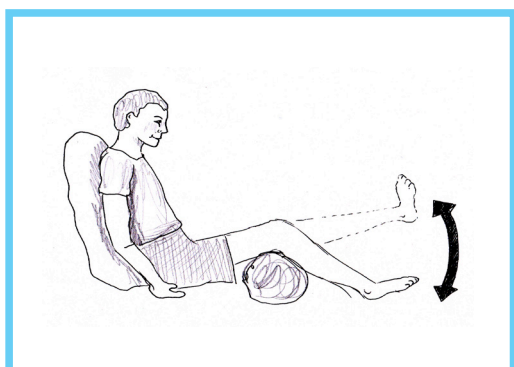


## Meniscal Exercises Level 2

K6

**Do these exercises 1 x day**  
**Do these exercises on both / the affected leg**

### 1. Inner range quads



Lying on your back or long sitting. Bend leg and put a cushion under your knee allowing your heel to rest on the bed.

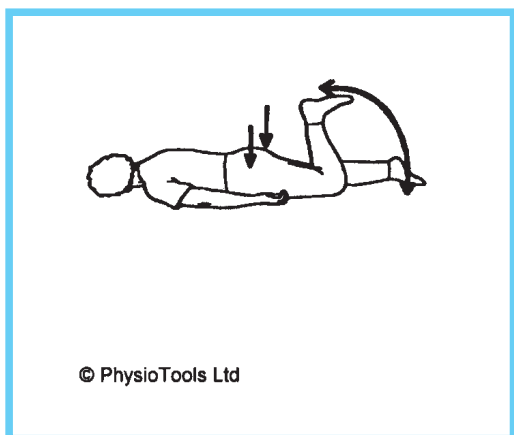
Exercise leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion).

**Hold:** 3 seconds

**Repeat:** 10 times

**Sets:** 3 times

### 2. Hamstring curl



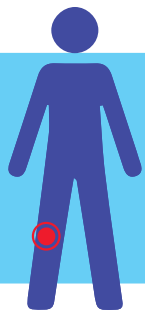
Lying face down with your hip straight and your knees together.

Hold something between your feet, slowly take it up to your bum, then slowly lower down.

**Hold:** 3 seconds

**Repeat:** 10 times

**Sets:** 3 times



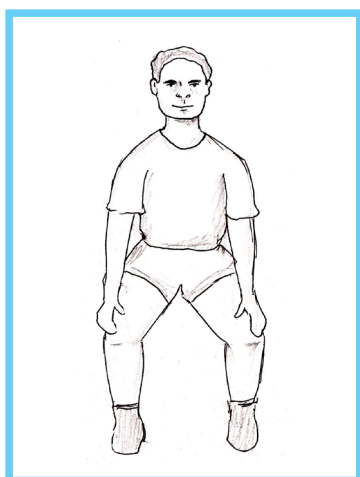
## Meniscal Exercises Level 2

K6

**Do these exercises 1 x day**

**Do these exercises on both / the affected leg**

### 3. Squats



Stand tall with feet shoulder width apart and feet slightly pointed outwards.

Keep your head up and bend both knees as comfortable. Then slowly return to the start position.

**Hold:** 3 seconds

**Repeat:** 10 times

**Sets:** 3 times

### 4. Heel raises - Double or Single leg



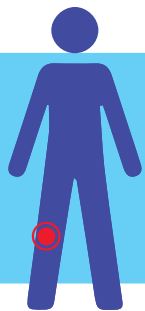
Stand with feet slightly apart.

Raise up onto your tiptoes.

**Hold:** 2 seconds

**Repeat:** 10 times

**Sets:** 3 times

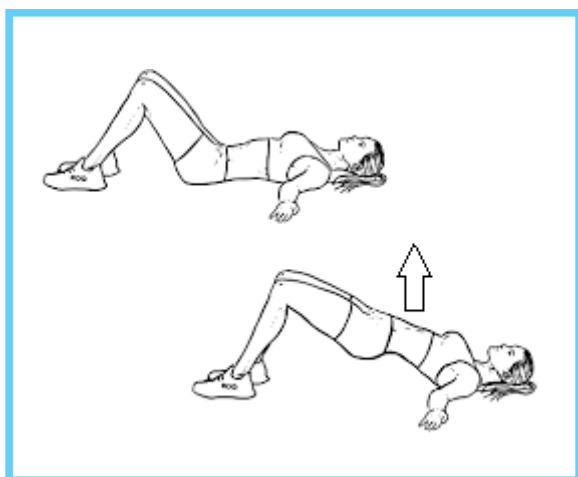


## Meniscal Exercises Level 2

**K6**

**Do these exercises 1 x day**  
**Do these exercises on both / the affected leg**

### 5. Bridging



Lying on your back, bend both knees up so feet are flat. Hands by your sides or out to the side.

Squeeze your bum cheeks together then slowly lift your bum in to the air

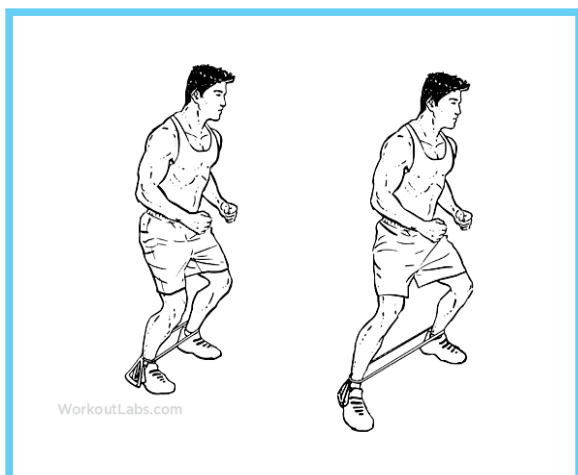
\*\*\* Progress to single leg \*\*\*

**Hold:** 5 seconds

**Repeat:** 10 times

**Sets:** 3 times

### 6. Side Crab walks



Elastic band placed around feet or ankles, Slightly bend trunk forward and stick buttocks out.

Slightly bend your knees so you are in a squat position.

Slowly walk sideways - don't let your feet come closer than shoulder width apart.

**Repeat:** 8 times

**Sets:** 3 times