

# The 7 Best Exercises for Meniscus Injuries



## Exercise 1 – Static Quads

- Tighten quadricep
- Raise heel
- Hold for a count of 5
- Repetitions – 3 sets x 10 reps

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## Exercise 2 – Straight Leg Raise

- Tighten quadricep
- Raise heel
- Lift leg
- Slowly lower
- Repetitions – 3 sets x 10 reps

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## Exercise 3 – Knee Flexion

- Bend knee
- Slide knee along the ground
- Hold for 5 seconds
- Repetitions – 10 to 20 reps

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## Exercise 4 – The Clam

- Bend your knee
- Keep hips straight
- Toes together
- Lift knee

Alternative:

- Bottom leg bent
- Top leg straight
- Lift top leg
- Repetitions – 3 sets x 10 reps

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## Exercise 5 – Bridging

- Lift your bum
- Squeeze
- Hold for 5 seconds
- Roll down
- Repetitions – 10 to 20 reps

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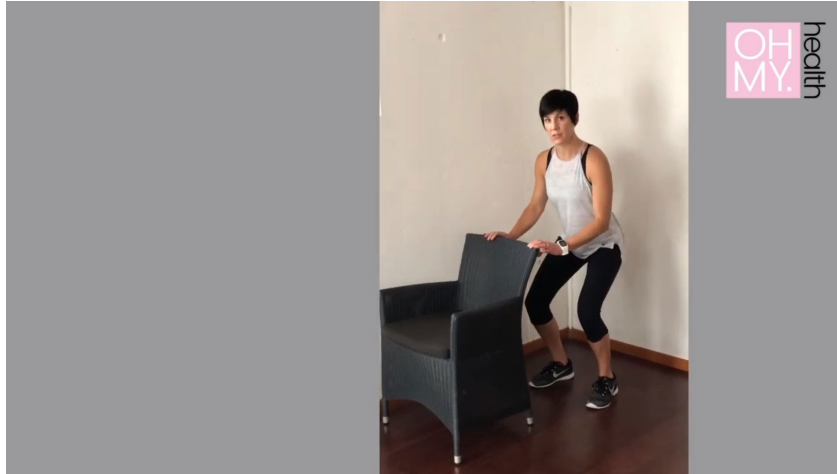


## Exercise 6 – Hamstring Stretch

- Place a towel around one foot, and hold the ends with your hands
- Lie down
- Lift your straight leg up using the towel
- Hold for 20 - 30 seconds

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## Exercise 7 – Standing Squat

- Standing with hands on back of a chair if necessary
- Bend your knees
- Hold for 5 counts
- Straighten up
- Repetitions: 3 sets of 10 repetitions

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