



Home Exercise Program

Meniscus Injury

Please note that this handout is intended only for providers. If you're a patient, seek guidance from your healthcare provider before beginning a new exercise routine.

Seated Knee Extension with Anchored Resistance



Setup: Begin sitting upright with a resistance band looped above your ankles.

Movement: Slowly straighten one knee against the resistance so that your leg is straight out in front of you. Then lower it back to the starting position and repeat.

Tip: Make sure to keep your back straight during the exercise.

Wall Quarter Squat



Setup: Begin standing upright in front of a wall.

Movement: Lean back into a squat against the wall with your knees bent to 45 degrees and hold this position.

Tip: Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

Standard Lunge



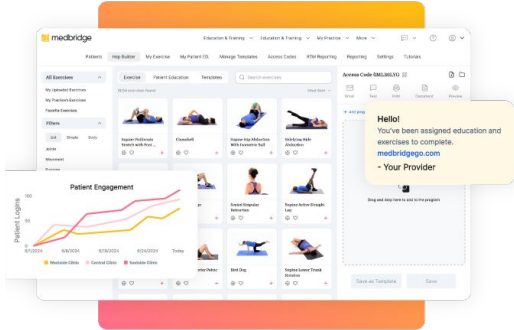
Setup: Begin standing upright with your hands resting on your hips and your feet shoulder-width apart.

Movement: Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip: Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.