

# Exercises for torn meniscus without surgery pdf

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Repeat to times. Hold for about seconds, then rest. Bridge Exercise with Straight Leg Raise. Slowly See video for instructions Hold: Build up to holding for seconds. Initially, you can stabilise yourself by placing a finger against a wall, but you should aim to be able to complete this exercise without holding on. • Exercises in weight bearing positions can also be included if your symptoms are not aggravated by them. Place a small, rolled-up towel under your knee. Hold for seconds, then return the leg to the ground and repeat with the opposite leg Created Date/12/ AM Lie on the left side, keeping the hips and feet aligned at all times. Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Individual patients will progress at Exercise– Hamstring Stretch Lift your bum Squeeze Hold for seconds Roll down Repetitions – to reps Place a towel around one foot, and hold the ends Bridge Exercise Starting Position. They can be incorporated into your activities of daily living, e.g How do I do exercise to heal my meniscus? Bend the knees degrees, and slowly raise the top knee as high as possible without moving the lower back or pelvis. Repetition times each leg Sit or lie down on a firm surface or the floor with your affected leg straight. Lay on your back with your knees bent to prepare for the bridge exercise. For most tears, some simple exercises can help maintain muscle strength in the front of the thigh (quadriceps), back of the thigh Created Date 5/12/ AM REHABILITATION PROTOCOL Nonoperative meniscus. The rehabilitation guidelines are presented in a criterion based progression program. Pause, extend your leg. Rest seconds, or rest one leg while you do the other. It's a good idea to repeat these steps with your other leg Tighten the thigh muscles of your straight leg by pressing the back of your knee down into the towel.

 Difficulté **Moyen**

 Durée **720 minute(s)**

 Catégories **Énergie, Mobilier, Bien-être & Santé, Robotique, Science & Biologie**

 Coût **576 USD (\$)**

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Étape 1 -

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