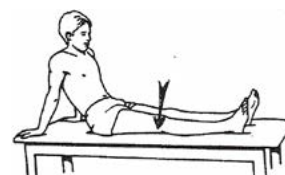


Exercise program following a meniscal repair

These exercises should be done slowly and smoothly.
Hold 5 seconds; repeat 10 times; do 2-3 sessions per day.

1. Sit in bed. Tighten your thigh muscles while pushing your knee into the mattress. Pull toes towards yourself. Hold 5 seconds. Relax.



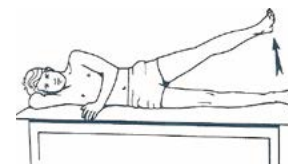
2. Lie flat. Tighten your thigh muscles and pull toes towards yourself. Lift your leg up keeping your knee straight. Hold 5 seconds. Slowly lower your leg.



3. Lie flat. Put a roll under your knee. Push your knee onto the roll while lifting your heel off the mattress to straighten your leg. Pull toes towards yourself. Hold 5 seconds. Relax. Slowly lower your leg.



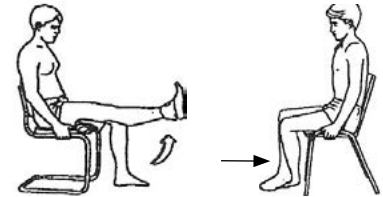
4. Lie on your **non-operated** side. Bend your bottom leg to maintain your stability. Lift the top leg while keeping your knee straight. Hold 5 seconds. Slowly lower your leg. Repeat the same exercise but when your top leg is up, move it forward and backwards.



5. Lie on your **affected** side. Bend good leg. Lift up bottom leg while keeping knee straight. Hold 5 seconds. Slowly lower leg down.



6. Sitting on a chair, slowly glide your foot towards you as far as possible by bending the knee. Do not force. Hold 5 seconds. Relax. Then, straighten your leg up as high as possible. Pull toes up. Hold 5 seconds. Slowly lower your leg. Relax.



7. Sitting on a chair.
1- Slowly glide your **operated** foot towards you as far as possible by bending the knee. Do not force. Hold 5 seconds. Relax.
2- Then, straighten your leg up as high as possible. Pull toes towards yourself. Hold 5 seconds. Slowly lower your leg. Relax.



If your knee is swollen or painful, apply ice for 10-15 minutes maintaining your leg elevated. Following the surgery, you can put as much weight as can be tolerated on your operated leg. The use of crutches or cane is not necessary. Rest for 48 hours to help with pain relief. If you are limping use a cane (or a crutch) in the opposite hand (handle as same height as your wrist). Increase your activity gradually as tolerated. **Stairs:** 1 step at a time - up: **good leg** goes up first, down: **operated** leg goes first.

IMPORTANT INFORMATION:

- **do not squat past 90 degrees of bending at the knee until allowed by your surgeon;**
- **you can start stationary bike with an elevated seat only 4 weeks after your surgery.**

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