

Degenerative Meniscal Tear

Age-related tear of the knee's cartilage cushion. A 12-week progressive strength and balance programme gives outcomes equal to keyhole surgery for most people.

KNEE

1



Mini Squat

3 × 10–15

- Bend knees to 45°, weight in the heels.
- Knees over toes, not inward.

2

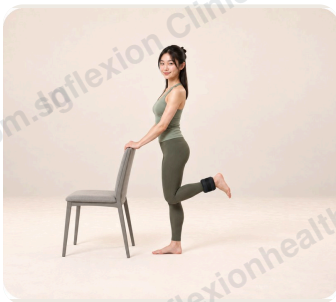


Step-Up

3 × 10 each

- Step onto a low step; control the lowering.
- Raise the step to progress.

3



Standing Hamstring Curl

3 × 12 each

- Hold support; bend the heel toward the buttock.
- Thigh stays vertical; add an ankle weight.

4



Straight Leg Raise

3 × 10 (entry level)

- Lift the straight leg 30 cm; lower slowly.
- Other knee bent.

5



Single-Leg Balance

3 × 30 sec

- Stand on the affected leg.
- Progress: eyes closed, then a soft surface.

6



Cycling

20 min most days

- Low resistance, seat high enough.
- Avoid deep squats and twisting.

HOW OFTEN

2–3 sessions per week for 12 weeks, progressing load; low-impact cardio most days.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

True locking (knee stuck), or a hot, swollen joint — contact us.