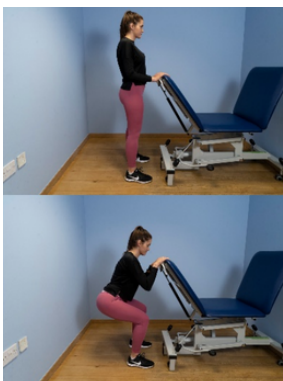


Degenerative Meniscus Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



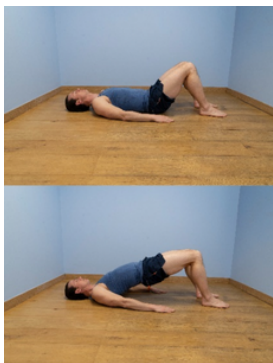
1. Supported squat

- Start with the feet shoulder width apart and hold onto a stable object (e.g., banister or kitchen sink) at about waist height.
- From this position bend your knees and sit backwards as if you are sitting into a chair.
- As you do so lean slightly forwards at the hips so that your head stays over your feet.
- Make sure that your weight is going through your heels at all times.
- Go as low as you feel comfortable but no lower than your thighs parallel with the floor.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Single leg balance

- Perform this exercise barefoot or in socks, in a clear space near a wall/stable object and on a flat, non-slip surface.
- Shift your weight on to the affected leg then lift the supporting leg slightly off the floor - maintain a slight bend in the standing knee.
- Look down at the knee and focus on balancing whilst keeping the knee in line with the hip and ankle - use the object/wall to prevent yourself falling.
- To progress, try looking straight ahead rather than down at the knee. To advance further, this can be performed with the eyes closed.
- **Hold the position for up to 1 minute, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Hip Bridge

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Lift your hips off the floor. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.