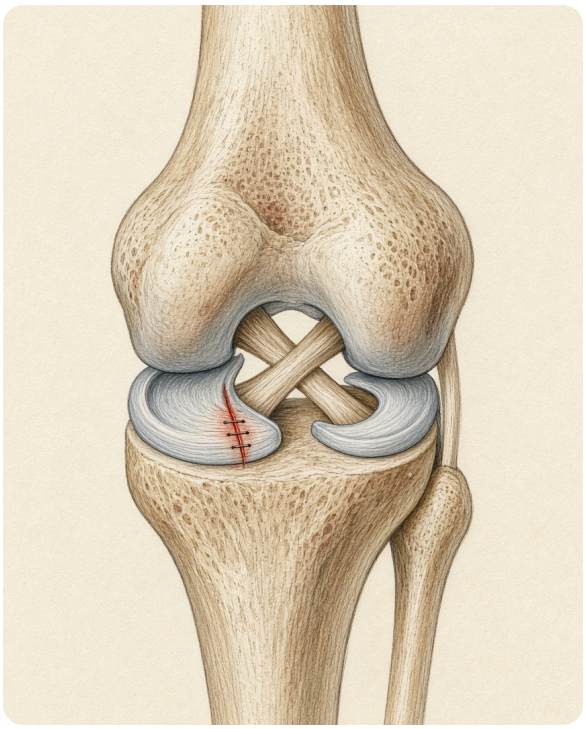
ARMIN PHYSIO



PATIENT GUIDE

Meniscus Repair Rehab

Your **5-phase** exercise plan, from week 0 to month 6.

Armin Ghayyur
Physiotherapist · arminphysio.com

Rehab after a meniscus repair

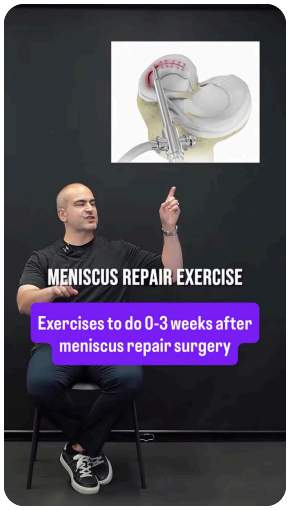
A meniscus repair stitches a torn meniscus (the C-shaped cartilage cushion in the knee) back together. It needs time to heal, so rehab goes in phases: protect the repair and switch the quad back on, then build the bend, strength and balance, and finally jumping and sport. This is Armin's 5-part protocol, one phase per video. He notes it can also help a meniscus tear **without** surgery.

QUICK CHECK

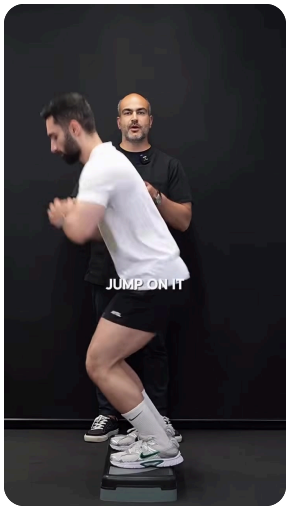
Does this sound like you?

- [ ] You've **had a meniscus repair**, or have one booked
- [ ] You have a **meniscus tear** without surgery
- [ ] Your **thigh muscle feels weak** or hard to switch on
- [ ] It's hard to get the knee **fully straight** or to **bend it**
- [ ] You want to know **what comes next**

Find your phase on the next page and check it with your surgeon or physio.



Armin's 5-part meniscus repair protocol



Phase 5: back to jumping and sport

BEFORE YOU START

Your recovery, phase by phase

Follow your surgeon's protocol

The weeks in this guide are the general timeline from Armin's 5 videos. Every repair is different: **your surgeon decides** your brace, weight-bearing, how far you can bend the knee, and when you move to the next phase. If anything here differs from what your surgeon or physio told you, **follow their instructions**.

PHASE	TIMING (ARMIN'S TITLES)	EXERCISES
Phase 1	0–3 weeks	Quad set; heel-prop knee straightening; band-assisted heel slide; seated hamstring stretch
Phase 2	3–6 weeks	Straight leg raise; gravity ball knee bend; banded calf push; standing hip side lift
Phase 3	6–9 weeks	Wall ball squat; wall calf raise; ball hamstring curl; standing ball hamstring curl
Phase 4	9–12 weeks	Lunge; eccentric step-down; forward + side lunge; eccentric calf raise; Romanian deadlift
Phase 5	4–6 months	Single-leg balance toss; ball-assisted hamstring lower; side-to-side jumps; single-leg hop; step jumps

DAILY ROUTINE

Armin doesn't give sets or reps in these videos, so all dosing in this guide is **suggested**: do the exercises for **your current phase once a day**, about **15–20 minutes**, and keep the previous phase's exercises going if your physio wants you to. Armin: don't bend past **90 degrees** unless your surgeon has said so. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- A **big increase in swelling**, or pain that's worse the next day
- Anything that goes against **your surgeon's instructions**

Stop that exercise and check with your surgeon or physio before carrying on. Some soreness after starting a new phase is common; it should settle by the next day.

PHASE 1 · 0–3 WEEKS AFTER SURGERY

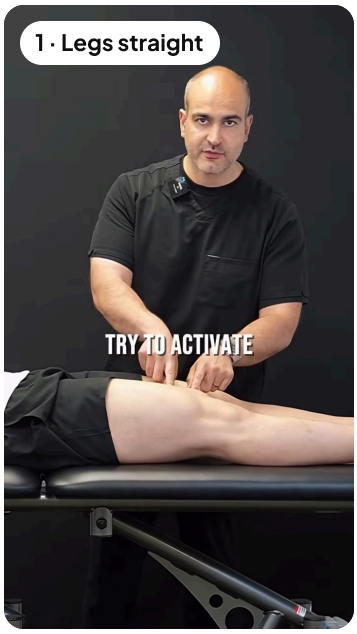
Exercises to do 0–3 weeks post meniscus repair surgery

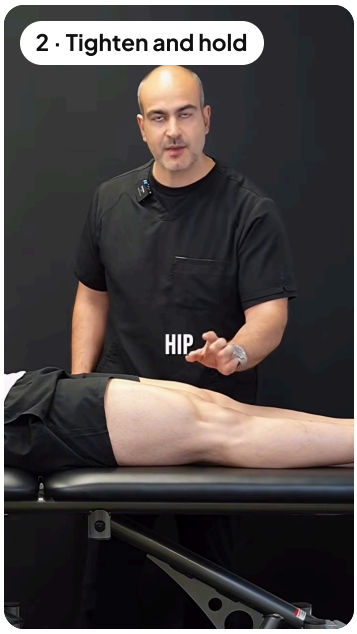
Goals (from Armin's video description): Protect the repair · Manage the swelling · Regain quadriceps activation · Get full active extension · Start challenging your flexion

Armin's description: you'll most likely be wearing a brace for most of the day and using crutches with partial weight-bearing orders (this varies with your surgery and surgeon).

1 Quad set

Switches your quad muscle back on





1. **Remove your knee brace** (which you should be wearing at all times otherwise).
2. **Try to activate your quadricep muscles.**
3. **Bring that kneecap up towards the hip.**
4. **Hold it for three seconds.** Relax and repeat.

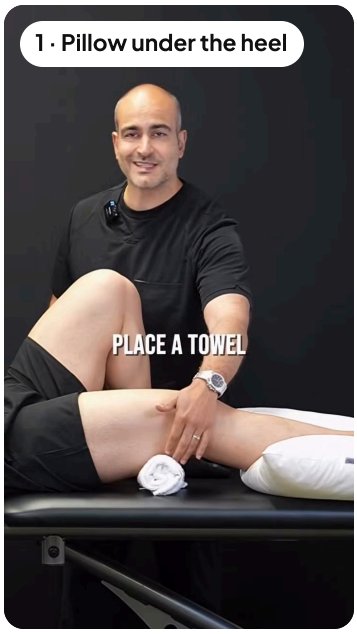
Hold **3 s**, then **2–3 sets of 10**

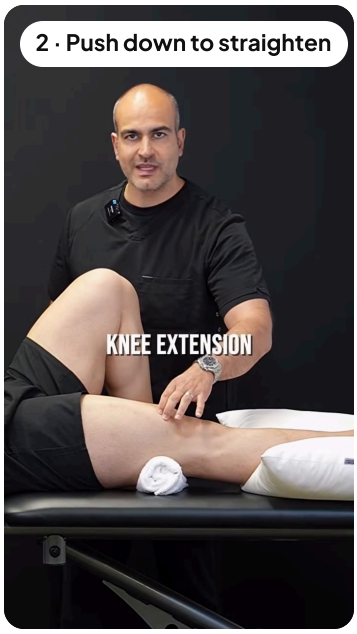
3 s hold from Armin's video; sets and reps suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

2 Heel-prop knee straightening

Gets the knee fully straight (terminal extension)





1. **Place a pillow supporting the heel.**
2. **Place a towel just above the joint line.**
3. **Try to straighten out that knee**: get that terminal knee extension, activating the quadriceps and your hips while you push down.
4. **Get it back to a resting position** and repeat.

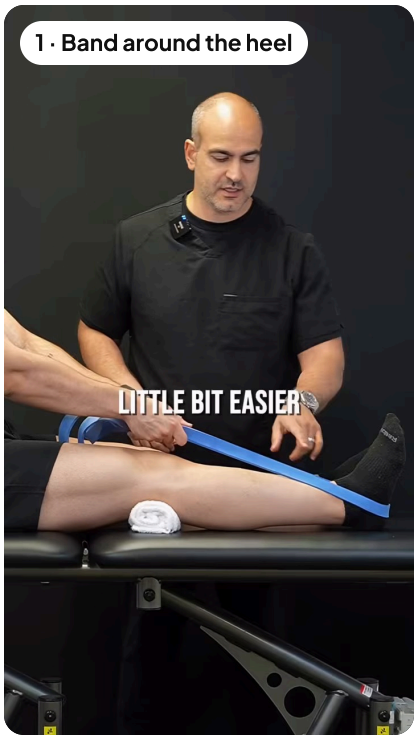
Hold **3–5 s**, **2–3 sets of 10**

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

3 Band-assisted heel slide

Starts getting the knee bending (flexion)





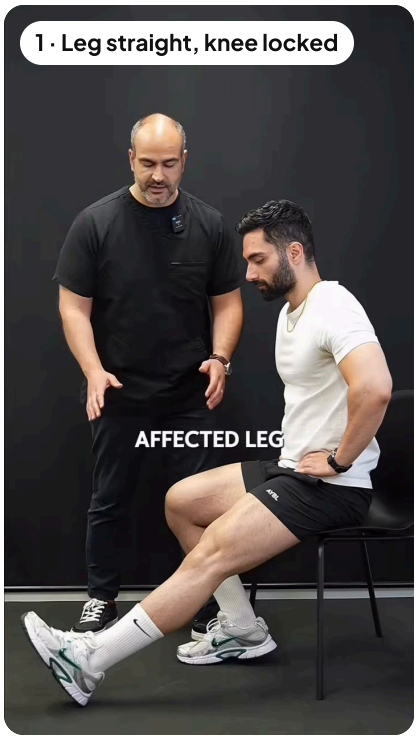
1. **Keep your heels on the bed.** Place a towel underneath the knee to make the initial bend a little easier.
2. **Wrap a band around the heel** and **pull that leg up** to get some flexion, then go right back out.
3. **Only use the band to bend.** Do not activate your hamstrings during this.
4. **Progress your bending** as close to 90 degrees as you can.

2–3 sets of 10 reps
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

4 Seated hamstring stretch

Keeps the back of the thigh flexible





1. Sit and **straighten out the affected leg**.
2. **Make sure that knee is locked.**
3. **Straighten out your back** and **slowly lean forward**.
4. Make sure you're **stretching out your hamstrings**, then go right back.

Hold about 30 seconds, 2–3 times
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

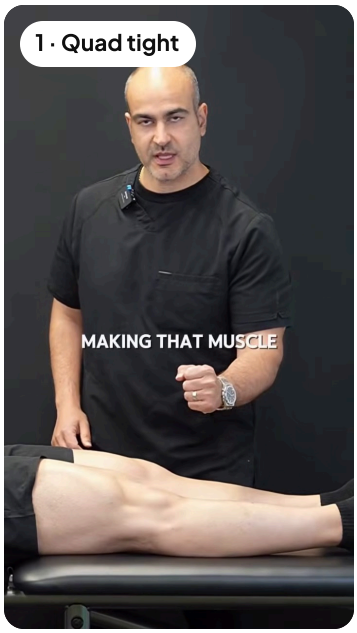
PHASE 2 · 3–6 WEEKS AFTER SURGERY

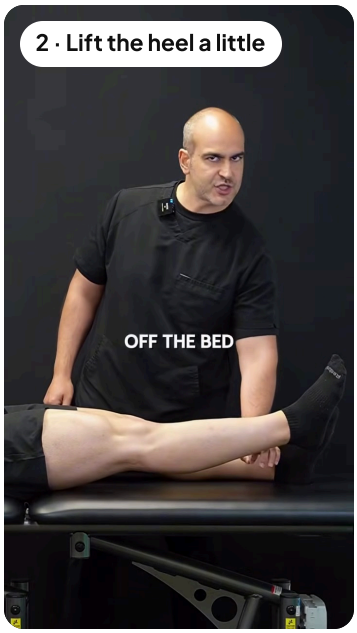
Exercises to do 3–6 weeks post meniscus repair surgery

Goals (from Armin's video description): Protect the repair · Manage the swelling · Have active quadriceps activation · Achieve full active extension · Achieve up to 90 degrees of flexion

5 Straight leg raise

Strengthens the quads with the knee straight





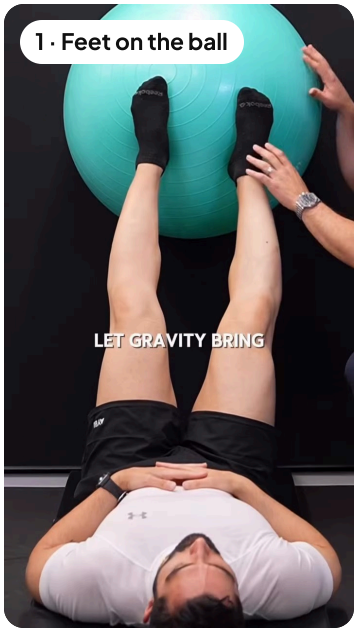
1. **Activate the quadricep muscles**, making that muscle nice and tight.
2. **Bring that kneecap up towards the hips.**
3. **Lift the heel off the bed** just a little bit, maintaining the contraction.
4. **Slowly lower** and repeat.

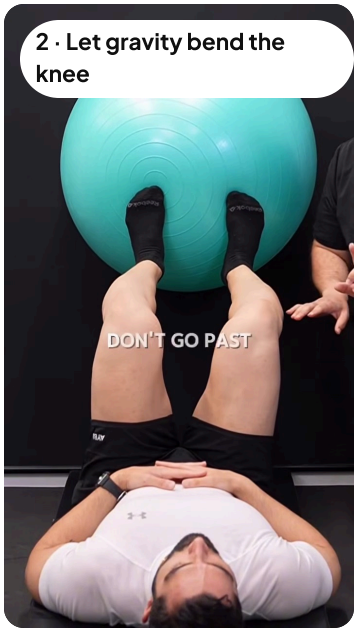
2–3 sets of 10 reps
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

6 Gravity ball knee bend

Continues to progress your knee bend





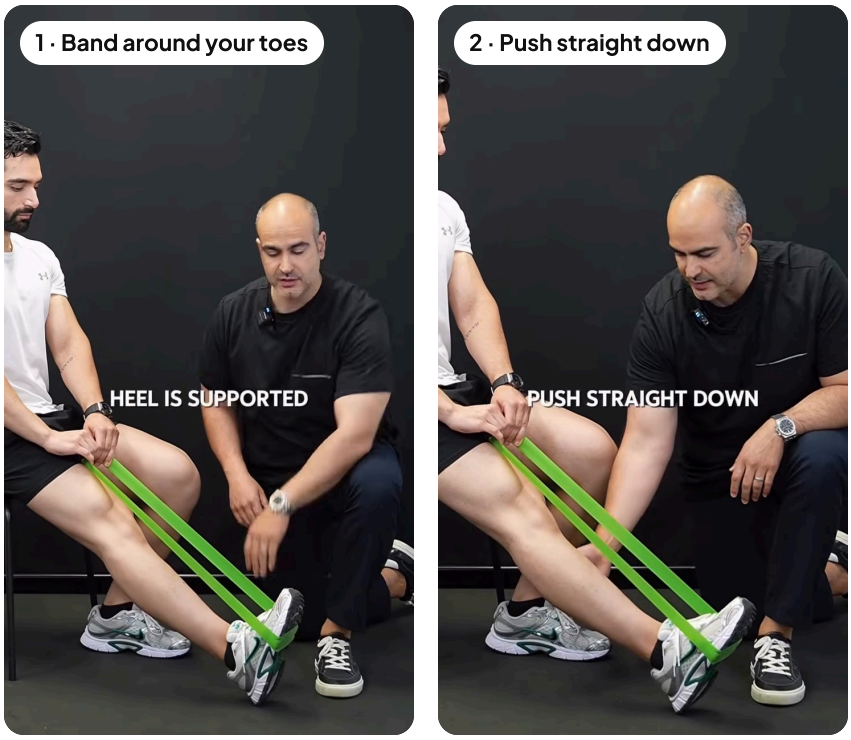
1. Lie on your back with **your feet on a ball** against the wall, as shown.
2. **Let gravity bring the ball down**, bending the knee.
3. Make sure you **don't go past 90 degrees** unless your surgeon has said so.
4. **Come right back up gently** and repeat.

2–3 sets of 10 reps
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

7 Banded calf push

Starts activating your calves



1. **Have a seat**, straighten out the knee and make sure your **heel is supported**.
2. **Loop a band around your toes.**
3. **Push straight down**, activating the calf muscles.
4. **Come right back up** and repeat.

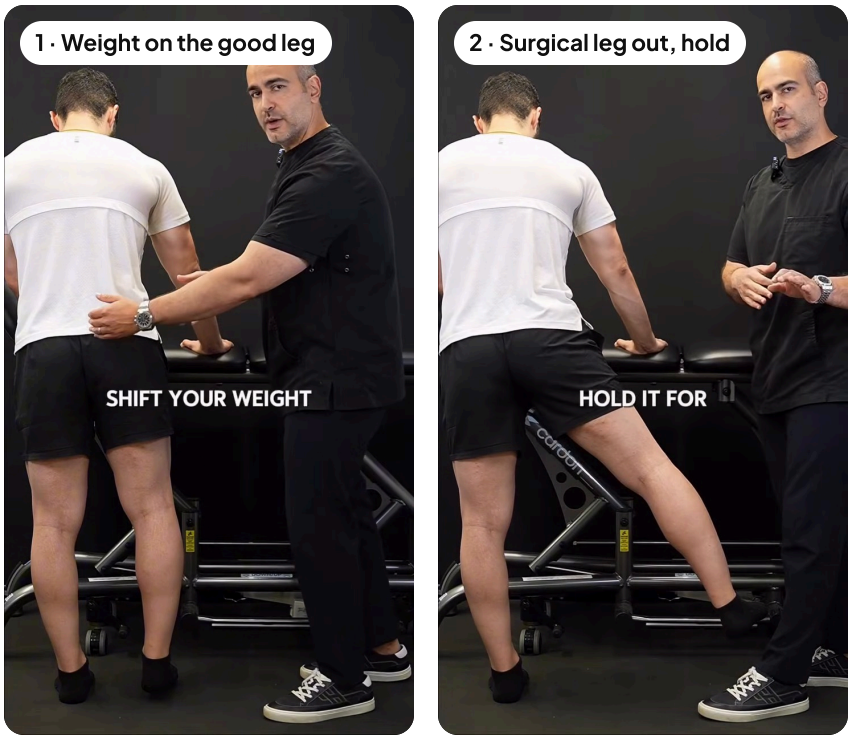
2–3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

8 Standing hip side lift

Builds the hip muscles on the surgical side



1. Hold on to something for support and **shift your weight onto the unaffected leg**.
2. **Bring out the surgical side.**
3. **Hold it for three seconds.**
4. **Go right back in** and repeat.

Hold **3 s**, then **2–3 sets of 10**

3 s hold from Armin's video; sets and reps suggested

Armin: be careful while you're doing this. If you're still partial weight-bearing, don't put any weight on the surgical side during this exercise.

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

PHASE 3 · 6–9 WEEKS AFTER SURGERY

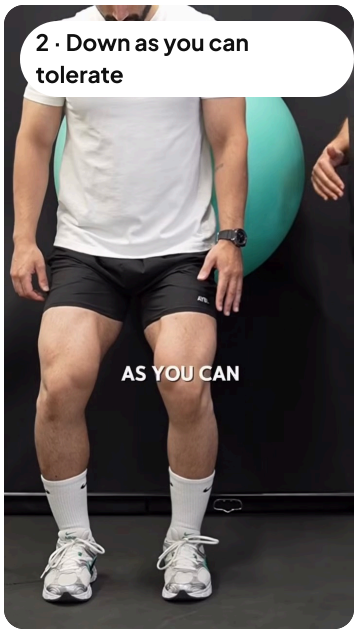
Exercises to do 6–9 weeks post meniscus repair surgery

Goals (from Armin's video description): Continue to protect the repair · Maintain full extension · Full active quadriceps activation · Flexion within 10 degrees of the other side · Avoid post-exercise pain and swelling · Keep progressing strength and walking

9 Wall ball squat

Builds quad strength with support





1. **Place the ball behind your back** against a wall.
2. **Gently lean into it** and go down as much as you can tolerate.
3. **Start slow and progressively go deeper** as you can tolerate.
4. **Come right back up**, activating the quadriceps the whole time.

2–3 sets of 10–15 reps, slow and controlled
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

10 Wall calf raise

Strengthens the calves





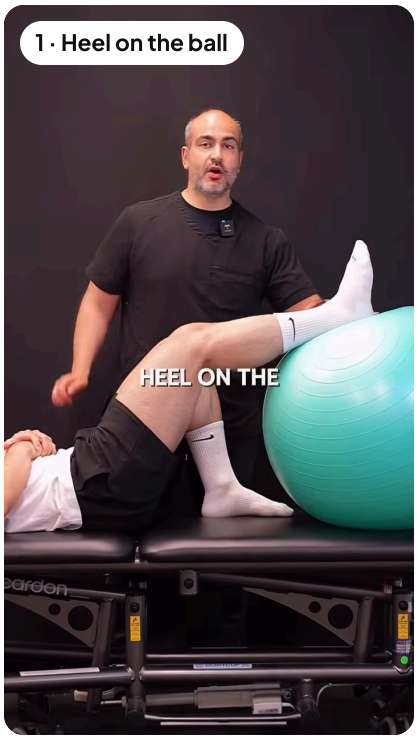
1. **Gently rest against the wall** for some support.
2. **Go up on those toes.**
3. **Slowly lower down**; make sure your **heels don't touch** on the way down.
4. **Keep that tension on the calf** and repeat.

2–3 sets of 10–15 reps, slow and controlled
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

11 Ball hamstring curl

Strengthens the hamstrings





1. Lie on your back and **place your surgical heel on the ball**.
2. **Dig right in.**
3. **Pull that ball in towards the hips.**
4. **Go right back out**, working the hamstrings, and repeat.

2–3 sets of 10–15 reps, slow and controlled

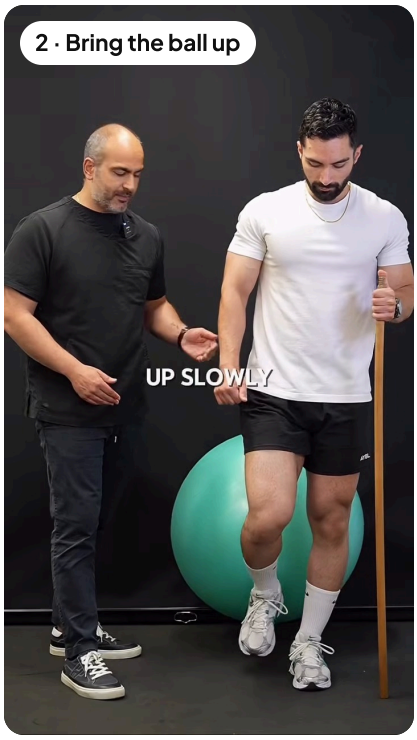
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

12 Standing ball hamstring curl

Strengthens the hamstrings in standing





1. **Place your heel against the ball** (against the wall, behind you).
2. **Hold on to something** for support.
3. **Bring that ball up** by bending the knee.
4. **Slowly lower down**, working the hamstrings, and repeat.

2–3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

PHASE 4 · 9–12 WEEKS AFTER SURGERY

Exercises to do 9–12 weeks post meniscus repair surgery

Goals (from Armin's video description): Achieve full range of motion · Safely progress strengthening · Maximize functional movement patterns · Start gentle sport-specific movements · Avoid post-exercise pain and swelling

13 Lunge

Builds quad strength for daily life and sport





1. Have the **surgical leg in front**, the supported leg in the back.
2. **Go straight down.**
3. **Come right back up**, working those quadriceps.
4. Repeat.

2–3 sets of 10–15 reps, slow and controlled
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

14 Eccentric step-down

Works the quads eccentrically (while lengthening)





1. Have the **surgical leg on top of the step** (hold a stick or rail for support).
2. **Slowly lower down.**
3. **Come right back up.**
4. This works your **quadriceps eccentrically**. Repeat.

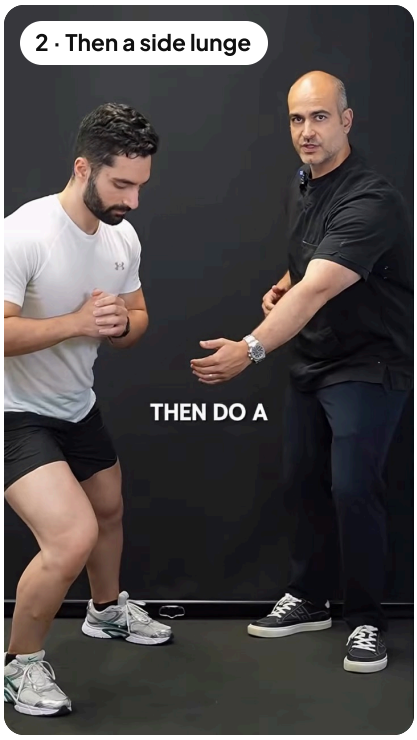
2–3 sets of 10 reps
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

15 Forward + side lunge

Advances your lunges into sport-specific movement





1. **Lean forward on the surgical leg** (forward lunge).
2. **Go right back.**
3. **Then do a side lunge.**
4. Go right back, lean forward again and repeat.

2–3 sets of 10 reps

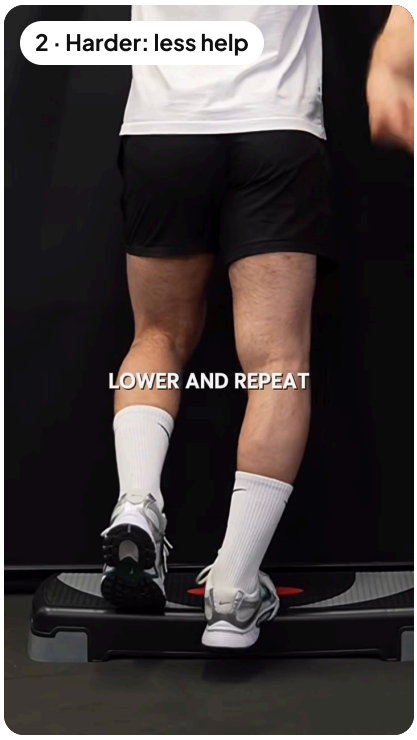
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

16 Eccentric calf raise on a step

Works the calves eccentrically





1. **Stand at the edge of a step.**
2. **Go up** on your toes, then **slowly lower down**, working the calves eccentrically.
3. **To make this harder**, get less support from the unaffected leg.
4. Go on your toes, slowly lower and repeat.

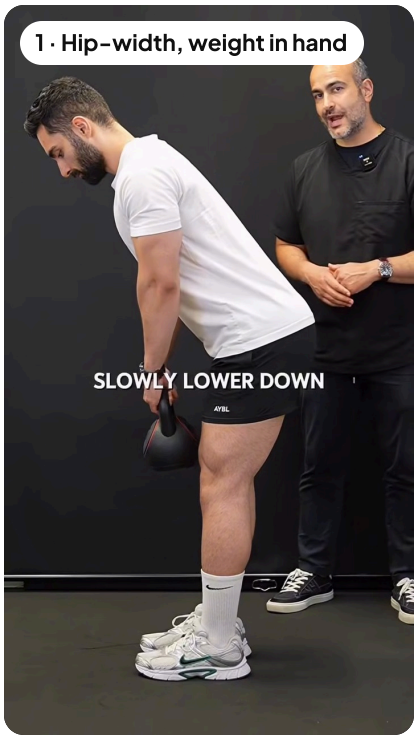
2–3 sets of 10 reps

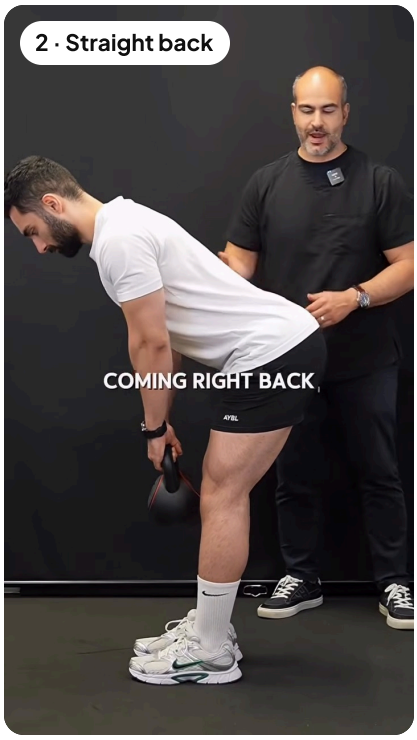
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

17 Romanian deadlift

Strengthens the hamstrings





1. **Stand with your feet about hip width apart**, holding a weight.
2. **Slowly lower down**, keeping your **back nice and straight**.
3. **Come right back up.**
4. This works your hamstrings. Repeat.

2–3 sets of 10 reps

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

PHASE 5 · 4–6 MONTHS AFTER SURGERY

Exercises to do 4–6 months post meniscus repair surgery

Goals (from Armin's video description): Safely progress strengthening · Safely start a sport-specific training program · Promote proper movement patterns · Avoid post-exercise pain and swelling

18 Single-leg balance toss

Challenges your balance





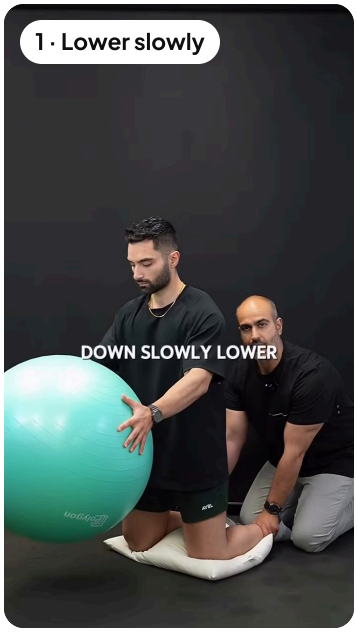
1. **Stand on one leg.**
2. **Toss a ball to a friend or a wall.**
3. Catch it while keeping your balance.
4. Repeat, then switch legs.

2–3 rounds of 30–60 s on each leg
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

19 Ball-assisted hamstring lower

Strengthens the hamstrings and lower body





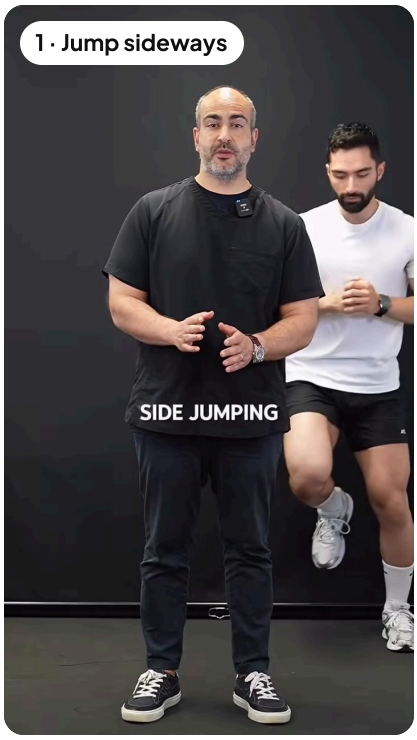
1. Kneel and **anchor your feet down** (a partner holding them, as shown).
2. **Slowly lower your body** using a ball.
3. **Bounce right back up.**
4. This works your **hamstrings and all the muscles in your lower body**.

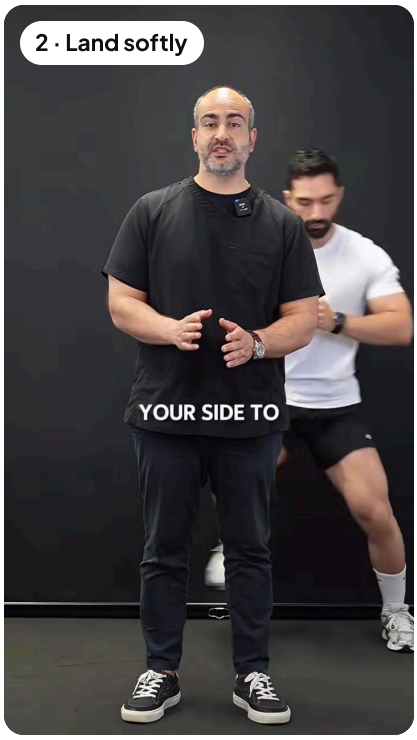
2–3 sets of 5–8, slow on the way down
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

20 Side-to-side jumping

Gets the knee ready for jumping and landing





1. **Jump from side to side.**
2. Make sure you're **landing softly**.
3. **Load those tendons.**
4. Repeat.

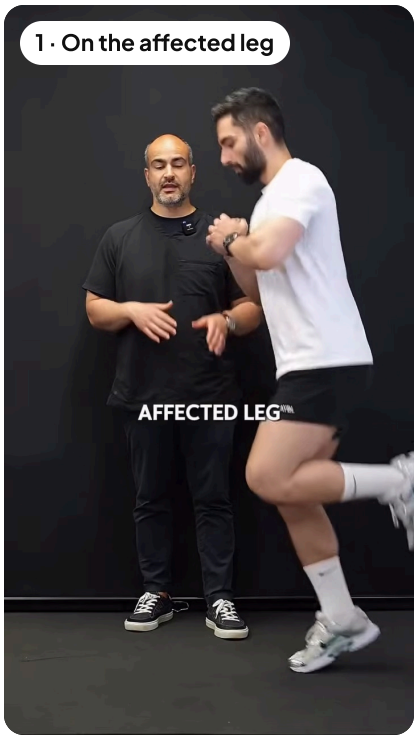
2–3 sets of 6–10, rest between sets
Suggested

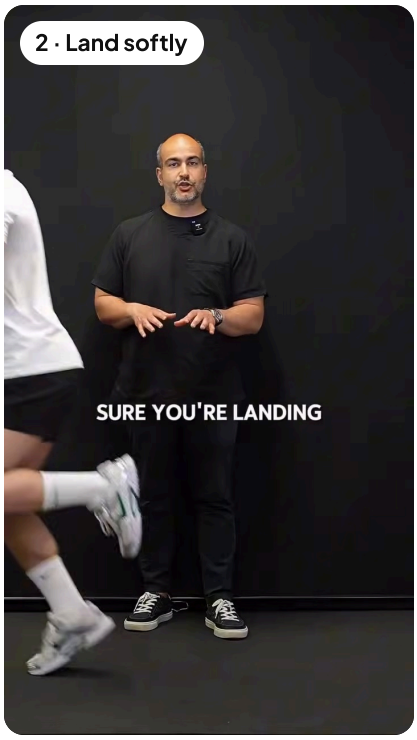
Suggested: only start jumping and hopping once your surgeon or physio has cleared you.

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

21 Single-leg hop

Builds landing control on the surgical leg





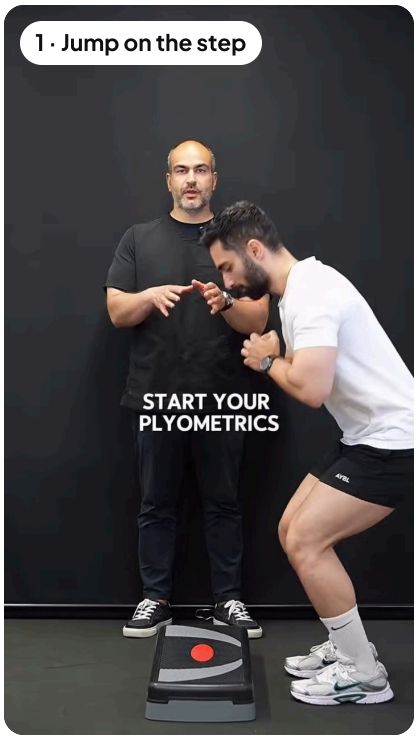
1. **Stand on the affected leg.**
2. **Hop forward.**
3. Make sure you're **landing softly**.
4. Again, **load those tendons** and repeat.

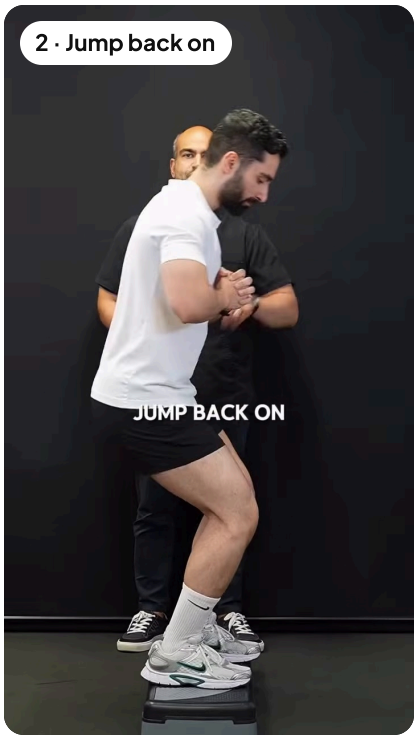
2–3 sets of 6–10, rest between sets
Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

22 Step jumps (plyometrics)

Starts your plyometric training





1. **Use a step.**
2. **Jump on it**, then jump off.
3. **Turn right around.**
4. **Jump back on**, jump off and repeat.

2–3 sets of 6–10, rest between sets

Suggested

Stop if you feel sharp pain, pain above about 4/10 or pain that keeps building, a big increase in swelling, or anything your surgeon has told you to avoid.

SAFETY FIRST

Get checked right away if you have

- **Calf pain, swelling or redness** in either leg
- **Chest pain or shortness of breath** (call 911)
- The wound is **red, hot, leaking**, or you have a **fever**
- Sudden **big increase in swelling** or pain that doesn't settle
- The knee **locks, gives way**, or you felt a **pop**
- **Numbness or weakness** in the leg that's new or getting worse

Call 911 for chest pain or shortness of breath. For the others, contact your surgeon right away or go to the nearest emergency department.

FREE · STAY IN THE LOOP

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In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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