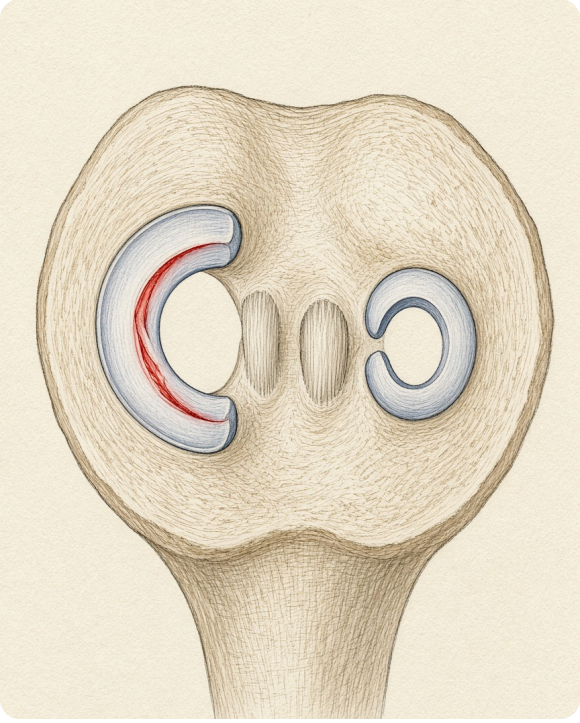
ARMIN PHYSIO



PATIENT GUIDE

Meniscus Tear

Knee locking or catching? It could be a **meniscus tear.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is a meniscus tear?

The menisci are two C-shaped cartilage cushions between your thigh bone and shin bone. A tear often happens with twisting on a bent knee, or gradually with age. There are many types of tears and they cause different symptoms, but pain inside the knee, swelling, and locking or catching are common. These general exercises start rebuilding range of motion first, then strength in your recovered range.

QUICK CHECK

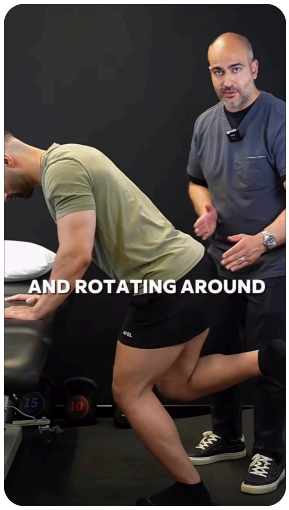
Does this sound like you?

- [ ] Pain or swelling **inside the knee joint**
- [ ] Your knee **locks or gets stuck** when bending or straightening it
- [ ] Pain when **standing on the leg**, knee slightly bent, and **rotating** on it
- [ ] Pain, locking or catching **going up a step**
- [ ] Pain when you **land from a mini hop**

If you ticked a few boxes, your meniscus could be injured. Try the 6 exercises on the next pages, always starting in a pain-free range.



Pain inside the knee



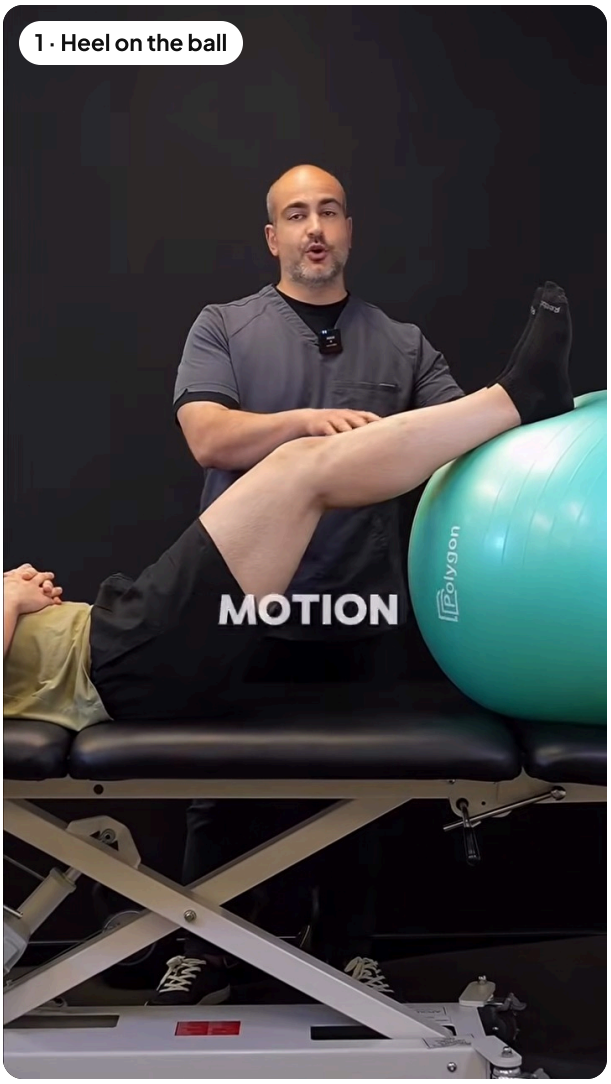
Pain rotating on a bent knee

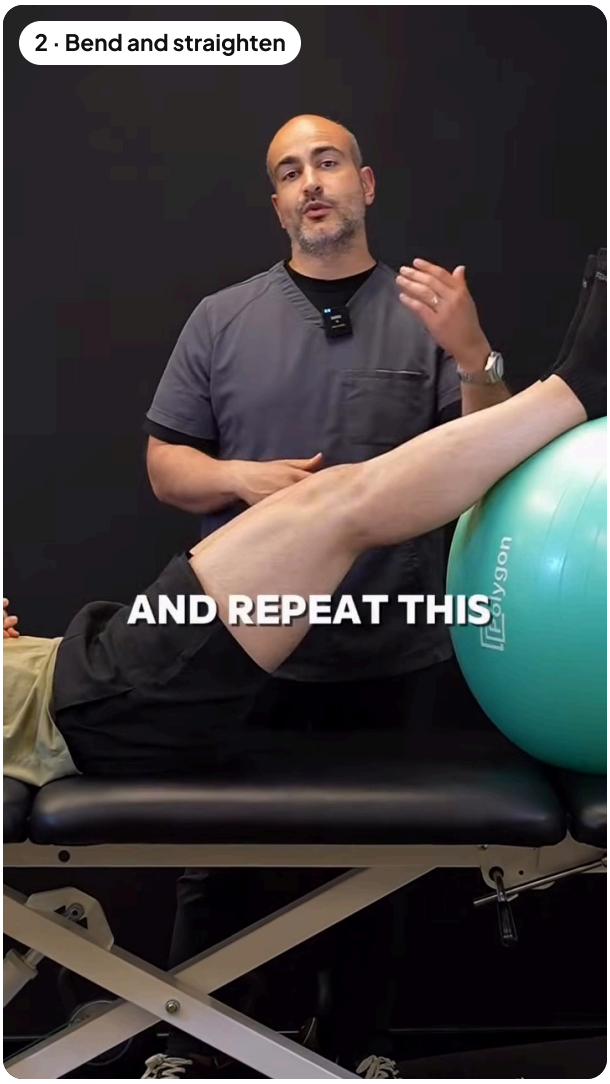
YOUR 6 EXERCISES

Try these exercises

1 Ball heel slide

Works your knee range of motion





1. Lie on your back and **dig your heel into the ball**.
2. **Bend the knee**, rolling the ball in.
3. **Straighten it out** again.
4. Repeat this **in a pain-free range of motion**.

3 sets of 15 reps, ideally **once a day**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Seated hover

Strengthens the quads and glutes for getting up from a chair



1. **Start from a seated position.**
2. **Lift your hips off just a little bit**, just to let some daylight through.
3. **Hold it for three seconds.**
4. **Sit back down** and repeat.

3 sets of 15, hold **3 s**, once a day

Sets, reps and daily from Armin's video description; 3 s hold from his video

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Seated straight leg over an object

Builds quad strength with the knee fully straight (terminal knee extension)





1. Sit at the edge of a bench. **Activate the quadricep muscles.**
2. **Keep the knee locked** and straighten it out, getting that full terminal knee extension.
3. **Lift the leg straight over an object** (like a kettlebell) and come right back.
4. Keep the knee **locked and fully extended** the whole time, and repeat.

3 sets of 15 reps, ideally **once a day**

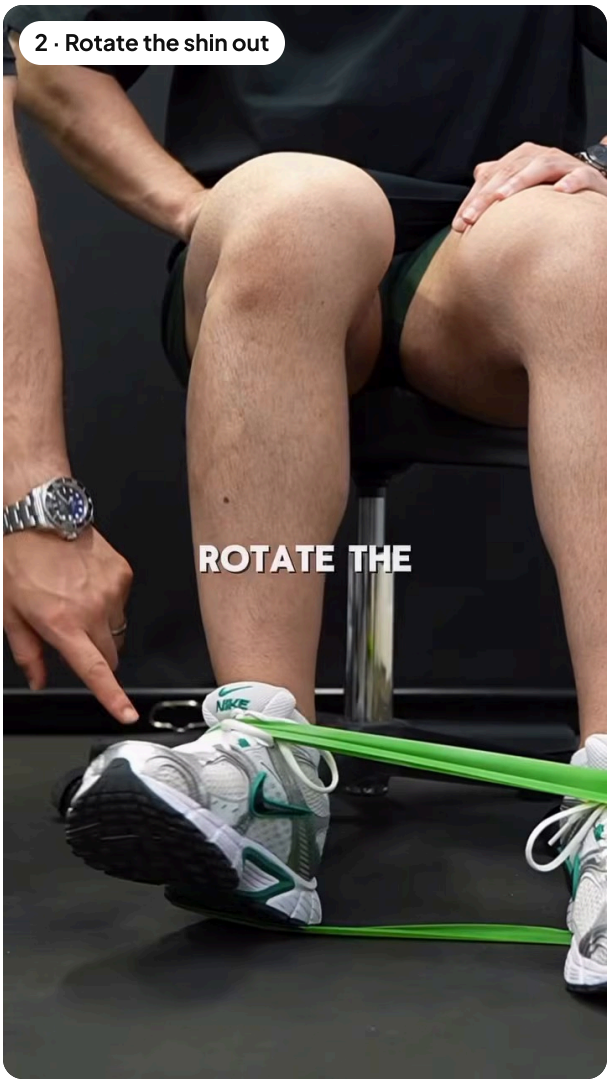
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

4 Banded shin rotation

Strengthens the muscles that rotate and control the knee





1. Sit down and **loop a band around your feet**.
2. **Stabilize your foot with your heel** on the ground.
3. **Rotate the whole shin outwards**.
4. **Go right back in** and repeat.

3 sets of 15 reps, ideally **once a day**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

5 Towel knee-bend lean

Regains your knee bend (flexion)





1. **Grab a rolled-up towel** and **place it behind your knee**, with the foot up on a stool.
2. **Lean forward**, focusing on regaining your flexion.
3. **Stay in a pain-free range**.
4. Ease back and repeat.

3 sets of 15 reps, ideally **once a day**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

6 Rotated step-up

Progresses strength once your range is back





1. **As you progress**, use a step.
2. **Slightly rotate your foot** on the step.
3. **Step up slowly**.
4. **Come back down** with control and repeat.

3 sets of 15 reps, ideally **once a day**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 15–20 MINUTES

Put it together

01
Range
Ball heel slide; towel knee-bend lean

02
Activate
Seated hover; straight leg over an object

03
Strengthen
Banded shin rotation; rotated step-up (when ready)

3 sets of 15, ideally once a day, are from Armin's video description. If that's a lot, pick at least 3 exercises per day. Make them harder by adding weight as your body adapts. 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
- **More swelling**, or pain that's worse the next day

Start the step-up only once your range of motion is coming back and the easier exercises feel good.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

Join Physio Updates

My Instagram broadcast channel. Follow **@arminphysio** and tap the channel on my profile to join. More free exercise videos on YouTube **@ArminPhysio**.

Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

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

Scan to book

Book →

EMAIL
info@arminphysio.com

WEBSITE
arminphysio.com

INSTAGRAM
@arminphysio

TIKTOK
@armin.phys1o

YOUTUBE
@ArminPhysio

ALSO FROM ARMIN

ZIPDRIP

MOVEWELL med

EASY ALLIED HEALTH
A WELL Health Company

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.

ARMIN PHYSIO