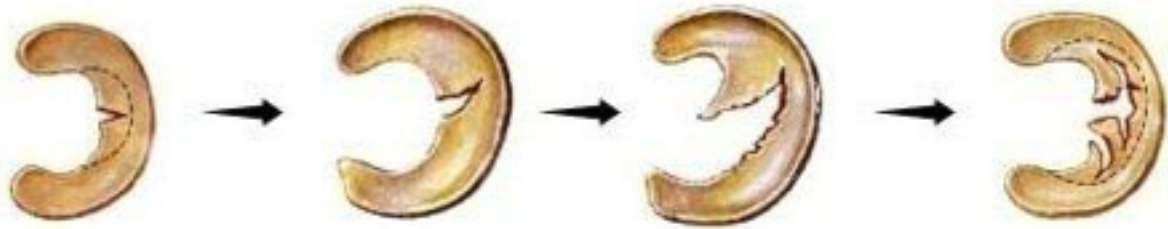


# 81 Family Clinic

## Meniscal Injuries



A: Radial Tear (small)

Radial Tear (large)

Progresses to a Flap Tear

Progresses to Complex or Degenerative Tear



B: Flap Tear



Flap Tear



Double Flap Tear



C: Discoid Meniscus



D: Peripheral Tear



Repaired Peripheral Tear



E: Horizontal Flap Tear



Displaced Flap Tear (horizontal)



F: Longitudinal Tear (short)



Longitudinal Tear (long)



Longitudinal Tear (displaced bucket-handle)

# Meniscal (Cartilage) Tear Rehabilitation Exercises



Passive knee extension



Heel slide



Standing calf stretch



Hamstring stretch on wall



Straight leg raise



Wall squat with a ball



Step-up



Knee stabilization: A



Knee stabilization: B



Knee stabilization: C



Knee stabilization: D