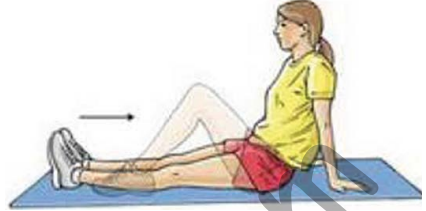


Meniscal Tear Rehabilitation Exercises



Passive knee extension



Heel slide



Standing calf stretch



Hamstring stretch on wall



Straight leg raise



Prone hip extension



Clam exercise



Wall Squat with a ball