

How to Self-Treat a Knee with a Torn or Worn-Out Cartilage. (3 Simple Steps)

1. Decrease stress on the knee

- a. Reduce weight bearing - use cane for a while



- b. Do not sit with knee bent over 90 degrees



- c. Do not stand with knees locked



- d. Stand on cushioned shoes or mat. Change position often and flex knees onto chair etc.

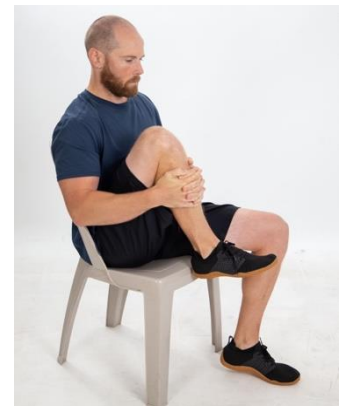


2. Regain ROM:

- a. Extension stretch (3 way) knee turned in, knee straight up, and knee turned out



- b. Stretch into flexion- seated and standing with foot on chair. Knee flexion with towel under knee



3. Strengthening:
a. Isometric over pillow



- b. Shallow squats onto bed or ball on a wall

