ACL + Meniscus Repair

घुटने की सर्जरी के बाद देखभाल

Protection, strength, then return to activity — a week-by-week plan with bending limits, balance work and supervised jump training.

22	17 min	7
exercises	guided session	parts

ACL reconstruction with a meniscus repair asks for patience. The graft and the stitched meniscus need time to heal, so the early weeks are about protecting the knee while keeping the thigh muscles switched on.

Recovery moves through three stages: protection and gentle movement (0–6 weeks), strength and balance (6–12 weeks), and a careful return to activity after 12 weeks. Each stage opens only when your surgeon or physiotherapist clears you.

Meniscus repairs and hamstring grafts sometimes need certain exercises delayed. Treat the timeframes here as typical, not fixed — your clinician's plan always comes first.

Your recovery timeline

Weeks 0–6

Phase 1 · Protection & gentle movement

Start soon after surgery, as your surgeon allows. Continue these until 6 weeks.

Exercises that start in this phase

1 Quadriceps Set · **2** Heel Press · **3** Straight Leg Raise (SLR) · **4** High Sitting Knee Exercise

Bending goals: 30° by week 1 · 60° by week 2 · 90° by week 3 · full range by 1–1½ months.

Weeks 6–12

Phase 2 · Strengthening, balance & daily activity

Start at 6 weeks, after your clinician checks your walking and knee control. Continue until 12 weeks. Lunges, steps, leg press and cycling usually begin from week 10.

Exercises that start in this phase

5 Weighted SLR · 6 Weighted Knee Bending · 7 Standing Knee Bending · 8 Resisted Knee Extension · 9 Bridge with Ball Squeeze · 10 Single Leg Standing · 11 Mini Squat · 12 Partial Squat · 13 Shallow Lunge · 14 Step Up & Step Down · 15 Leg Press · 16 Stationary Cycling · 17 Treadmill Walking

After 12 weeks

Phase 3 · Jogging, jumping & landing

Start only when your clinician confirms your strength, balance and landing control.

Exercises that start in this phase

18 Walk–Jog Progression · 19 Multidirectional Reach · 20 Low Box Jump · 21 Box Landing · 22 Lunge Jump

Jogging, hopping and jumping each need separate clearance from your doctor — jumping often starts at 4–6 months or later.

Phase 01 · 0–6 weeks

Protection and gentle movement

Weight bearing must follow your doctor's guidelines. Use your prescribed brace and crutches.



Dose	Equipment
As advised	None

Exercise 01

Quadriceps Set

जांघ कसें

How to perform

1. Lie down.
2. Press the back of your knee into the bed.
3. Tighten your thigh, then relax.



Dose	Equipment
As advised	None

Exercise 02

Heel Press

एड़ी दबाएँ

How to perform

1. Lie down and press your heel gently down.
2. Keep your leg and hips still.
3. Relax.

Your goals

- 30° of bending by week 1
- 60° of bending by week 2
- 90° of bending by week 3
- Full range of motion by 1 to 1½ months, as your surgeon advises

Safety note

May be delayed after some repairs or hamstring grafts



Dose	Equipment
As advised	None

Exercise 03

Straight Leg Raise (SLR)

सीधा पैर उठाएँ

How to perform

1. Tighten your thigh.
2. Keep the knee straight as you lift a little.
3. Lower slowly.
4. Use your brace if prescribed.

Safety note

Stop if the knee droops

Phase 01 · Weeks 0–6

Seated exercise & your bending plan

Follow this weekly plan only if your surgeon has cleared it for your meniscus repair.

30°	60°	90°	120°
Week 1	Week 2	Week 3	Weeks 4–6 · full



Exercise 04

High Sitting Knee Exercise

बैठकर घुटना सीधा करें

How to perform

1. Sit on a firm high chair with your thigh supported.
2. Slowly straighten and lower within your prescribed range.

Safety note
Start this only when your doctor or physiotherapist has cleared you.

Dose	Equipment
As advised	Chair

Phase 02 · 6–12 weeks

Strengthening after clearance

Your clinician checks walking and knee control before adding resistance. Some repairs require a later start.



Exercise 05

Weighted SLR

वजन के साथ सीधा पैर उठाएँ

How to perform

1. Use the prescribed ankle weight.
2. Lift with a straight knee.
3. Lower slowly.

Safety note
Don't add weight yourself

Dose	Equipment
As advised	Ankle weight



Exercise 06

Weighted Knee Bending

वजन के साथ घुटना मोड़ें

How to perform

1. Lie on your front.
2. Keep your thigh down.
3. Bend and lower using the prescribed weight.

Dose	Equipment
As advised	Ankle weight



Exercise 07

Standing Knee Bending

खड़े होकर घुटना मोड़ें

How to perform

1. Hold a sturdy chair.
2. Bend the knee to lift your heel behind you.
3. Lower slowly.

Dose	Equipment
As advised	Chair



Exercise 08

Resisted Knee Extension

घुटना सीधा करने की कसरत

How to perform

1. Sit with your thigh supported.
2. Straighten and lower using only the prescribed load and range.
3. Don't force loaded straightening.

Safety note
Physio sets range and load

Dose	Equipment
As advised	None

Phase 02 · Weeks 6–12

Muscle control and balance

Keep support nearby. Keep the knee aligned. Squats are optional after clearance, often after week 10 or later.



Exercise 09

Bridge with Ball Squeeze

गेंद दबाकर कमर उठाएँ

How to perform

1. Lie on your back, knees bent and feet flat.
2. Squeeze a soft ball between your knees.
3. Keep squeezing as you lift and lower your hips.

Dose	Equipment
As advised	Soft ball



Dose	Equipment
As advised	None

Exercise 10

Single Leg Standing

एक पैर पर संतुलन

How to perform

1. Stand beside a firm support.
2. Lift one foot slightly.
3. Stay upright with someone nearby.

Safety note
After full weight-bearing clearance



Dose	Equipment
As advised	None

Exercise 11

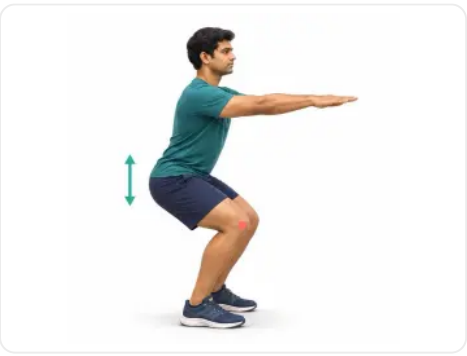
Mini Squat

थोड़ा बैठें

How to perform

1. Hold a support.
2. Move your hips back and bend a little.
3. Keep heels down, then stand.

Safety note
Start this only when your doctor or physiotherapist has cleared you.
Physio sets depth



Dose	Equipment
As advised	None

Exercise 12

Partial Squat

थोड़ा और बैठें

How to perform

1. Keep feet apart.
2. Sit your hips back to the allowed depth, then stand.

Safety note
Start this only when your doctor or physiotherapist has cleared you.
Avoid deep squats

Phase 02 · Week 10 or later

Getting ready for daily activity

Start only after clearance. Use the prescribed bend, step height and resistance.



Dose	Equipment
As advised	None

Exercise 13

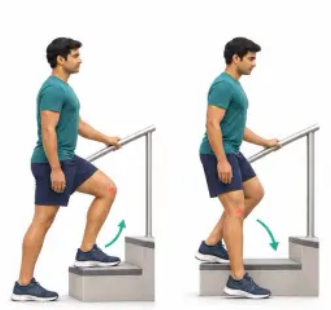
Shallow Lunge

छोटा लंज

How to perform

1. Hold a support.
2. Take a short split stance.
3. Bend a little, then rise slowly.
4. Knee follows the toes.

Safety note
Knee follows the toes



Dose	Equipment
As advised	Step & rail

Exercise 14

Step Up & Step Down

सीढ़ी चढ़ना और उतरना

How to perform

1. Hold the rail.
2. Use a low step and move slowly.
3. Increase step height only when cleared.



Dose	Equipment
As advised	Leg press

Exercise 15

Leg Press

लेग प्रेस

How to perform

1. Support your back.
2. Keep both feet on the plate.
3. Press gently without locking the knees.

Safety note
Light load, prescribed range



Exercise 16

Stationary Cycling

स्थिर साइकिल

How to perform

1. Ask your physio to set the seat.
2. Pedal gently with low resistance.
3. Don't push through pain.

Safety note
Outdoor cycling needs separate clearance

Dose	Equipment
As advised	Exercise bike, Chair

Phase 02 → 03 · Walking to jogging

From walking to a light jog

Treadmill walking in Phase 2; walk–jog in Phase 3. Consult your doctor and get clearance before starting jogging.



Exercise 17

Treadmill Walking

ट्रेडमिल पर चलना

How to perform

1. Walk at a comfortable pace with an even, limp-free stride.
2. Increase time before speed.

Dose	Equipment
As advised	Treadmill, Table



Exercise 18

Walk–Jog Progression

चलना और हल्की जॉगिंग

How to perform

1. Alternate short spells of easy jogging with walking, only once your doctor has cleared you.

Safety note
Start this only when your doctor or physiotherapist has cleared you.

Dose	Equipment
As advised	None

Phase 03 · 12+ weeks, when ready

Balance, jumping & landing

Jump training often starts at 4–6 months or later. Your clinician must first check strength, balance and landing control. Return to sport needs separate clearance.



Dose	Equipment
As advised	None

Exercise 19

Multidirectional Reach

अलग दिशाओं में पैर छुआएँ

How to perform

1. Balance on one leg.
2. Tap the other foot forward, sideways and diagonally back.

Safety note
Keep support nearby



Dose	Equipment
As advised	Low box

Exercise 20

Low Box Jump

नीचे बॉक्स पर कूदें

Before you start
Before you start hopping and jumping exercises, you need separate clearance from your doctor.

How to perform

1. Jump with both feet onto a low box.
2. Land softly on both feet with knees slightly bent.



Dose	Equipment
As advised	Low box, Step & rail

Exercise 21

Box Landing

बॉक्स से उतरकर लैंडिंग

How to perform

1. Step off a very low box.
2. Land softly on both feet and hold your balance.



Dose	Equipment
As advised	None

Exercise 22

Lunge Jump

लंज में छोटी छलांग

Before you start

Before you start jumping and landing exercises, take permission (clearance) from your doctor.

How to perform

1. Use a split stance.
2. Make a small hop and land softly in that stance.
3. Keep the knee aligned.

Safety note

Do this only with your physiotherapist supervising. Advanced

When to stop

Stop exercising and contact your doctor if pain or swelling increases.

*Bending targets apply only when your surgeon has cleared the plan for your meniscus repair.

These guides support — they don't replace — the plan from your own doctor or physiotherapist.
Voice-guided sessions are on the Monica Singh website and app.