

Collateral Ligament Injury Phase 1

THESE EXERCISES

The exercises below are a starting point to strengthen your thigh, pelvis, buttocks and lower leg muscles, which will help support your knee joint. You should always be guided by your physical therapist who may add or delete exercises given your specific injury phase and severity.

You will be progressed to harder, more functional and sports-specific exercises as your pain subsides and movement improves,

do this under the supervision of your therapist. Where possible try to exercise in front of a mirror so you can watch your form. Good posture and leg alignment must be maintained throughout an exercise.

Remember whilst exercising you should not be in pain, if you are, please stop and consult your physical therapist to make adjustments.

Hamstring Stretch

Sit on the floor, and place a towel or band/belt from bath robe around the sole of your foot. Pull the toes towards you while straightening the leg. You will feel a stretch in the calves and Hamstrings (at the back of your legs).



 **Video:**
<http://youtu.be/J1JI AchodcE>

SETS

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Adductor Medicine Ball Squeeze Sitting

Sitting down, place a medicine ball or anything soft like a small cushion or rolled-up towel/travel neck pillow between your legs, and squeeze. You will feel a muscle contraction along the inside of your legs and into your groin. This exercise is a strengthening exercise for the adductor muscle group. Hold for 5 seconds. Perform both sides.



 **Video:**
<http://youtu.be/Lqsfv0IMpjU>

SETS

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Hip Abduction Gluteus Medius Side-Lying

Lie on your side, and lift your leg upwards. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.



 **Video:**
<http://youtu.be/gNvzHTyPujs>

SETS

REPS

Inner Range Quadriceps Lying

Lie flat on your back, and place a rolled-up towel under your knee. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position. Hold for 5 seconds. Perform both sides.



 **Video:**
<http://youtu.be/jpbu0gPil6Q>

SETS

REPS

Knee Flexion Supine

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint. Hold for 3 seconds. Perform both sides.



 **Video:**
<http://youtu.be/skOauZ54MLU>

SETS

REPS

Hip Extension Standing

Stand with your hand on a wall, table or chair, and extend your leg behind you, and return to neutral. You should feel a pull in your buttock (gluteal) muscles. If standing is too hard then can do this lying on your stomach.



 **Video:**
<http://youtu.be/SWvnWGd0yQQ>

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