

Collateral Ligament Injury Phase 4

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.

Alternate Heel Kicks

Standing, kick the heel towards the bottom of one leg and then go back to your start position, and then repeat with the other leg. Heel kicks are useful for warming up the hamstring muscle group (located at the back of the thigh).

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

SETS

REPS



Full Squat Single Leg

Stand on one leg, and bend your knee to the full squat (90 degrees) position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture. Always keep your foot flat on the ground, do not let your heel raise up.

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

SETS

REPS



Full Squat Single Leg Cup Reach

Place 5 cups in front of you, and stand in the middle of them. Squat down (on one leg), and reach for one cup then come up, then repeat with the second cup, etc. Be careful to maintain control to the leg, and do not perform the exercise too quickly. Always keep your foot flat on the ground, do not let your heel raise from the floor.

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

SETS

REPS



Bulgarian Split Squat

Place one foot on a chair or bench behind you, and the other flat on the floor. Go into a squat position by bending your knee as far as comfortable. Make sure you keep your knee in line with the middle of your foot, do not let your knee drift outwards or inwards. Then straighten your leg to the start position. This is a strengthening exercise for your quadricep muscle group located at the front of your thigh, but also strengthens a number of other muscles in the leg.

 **Video:**
<http://youtu.be/4OkVrtcvbC0>

SETS

REPS



Lateral Walk with Exercise Band

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position.

 **Video:**
<http://youtu.be/i0w7KczRvkk>

SETS

REPS



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Bosu Squat Single Leg

This is a very tough exercise. Stand on a BOSU, and go into a squat position while standing on one leg. Try to maintain good form/ technique. Return to the start position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side.

Using a BOSU helps improve your balance and strengthens the smaller muscles of the leg.



Video:

<http://youtu.be/HjyjK7jOHPA>

SETS	REPS
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Single Leg Inner Range Quadriceps with Band

Stand up, and tie an exercise band around a table leg and the other end around the back of your knee. Your feet should be facing forwards, knee slightly bent, and make sure the band is taut. Keeping your hips knees and feet in line, straighten your leg against the resistance of the band, and slowly return to the starting position.



Video:

<http://youtu.be/cxN01SEa8aM>

SETS	REPS
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