

# Collateral Ligament Injury Phase 3

## 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.

### Split Squat with Vastus Medialis Oblique (VMO)

Take a step forwards (as if you were going into a lunge). Make sure your knee is directly over the second ray of your foot and in good alignment (your knee should never drop inwards). Contract your VMO (the inside of the front of your thigh muscle group) and your gluteal (buttock) muscles of your front leg and slowly drop your back knee towards the ground. Your front knee stays at 90 degrees, but does not go forwards of that point. Return to the start position.



 **Video:**  
<http://youtu.be/LBfYKQyf-i8>

SETS REPS

### Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.



 **Video:**  
[http://youtu.be/7QR\\_lew1f7Y](http://youtu.be/7QR_lew1f7Y)

SETS REPS

### Football Kicks with Band

Attach a band around your ankle and anchor the opposite end. Bend your knee and kick your leg directly in front of you as if you were kicking a ball. As you kick, you should feel some resistance in the band. This may throw you off balance, and you may need to hold on to a table or wall. The leg not doing the kicking also gets a workout by acting as a stabiliser.



 **Video:**  
<http://youtu.be/tiQdn2WHGM4>

SETS REPS

### Hamstring Stretch

Standing up, place your foot on a chair. Keep your leg straight. You should feel a stretch behind your knee and into the back of your thigh. To make the stretch stronger, push your leg downwards into the chair, or rest your foot on something higher. This exercise will stretch your hamstring muscle group.



 **Video:**  
<https://youtu.be/ZHxLNi4yqvc>

SETS REPS

### Mountain Climber

Start in a press-up position, and bring one leg in so your left knee is close to your left hand. Straight away, take it back out and then bring your right knee in towards your right hand, and repeat. This exercise is great for strength-endurance and works the whole body.



 **Video:**  
<http://youtu.be/GIEr1JgtdiU>

SETS REPS

### One Leg Stand Forward Reach

Stand on one leg. Keeping your back straight, lean forward, bending your knee to touch the ground in front of you with both hands. Return to an upright position. This exercise can be tough so keep it within your comfort zone. It improves strength, balance and co-ordination in your leg.



 **Video:**  
<http://youtu.be/dAZANlg1Vik>

SETS REPS

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