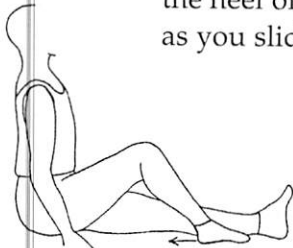


## Lateral Collateral Ligament Sprain Rehabilitation Exercises

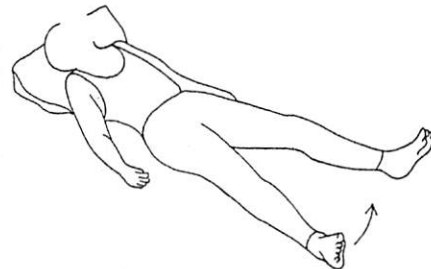
You may do exercises 1 through 4 right away. You may do exercise 5 when your knee pain has decreased.

1. Heel slide: Sit on a firm surface with your legs straight in front of you. Slowly slide the heel of your injured leg toward your buttocks by pulling your knee to your chest as you slide. Return to the starting position. Repeat 20 times.



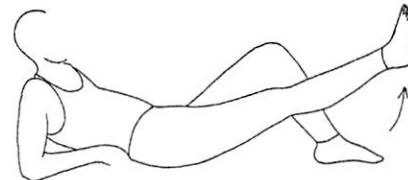
Heel slide

2. Hip abduction and adduction: Lie on your back with your legs straight out in front of you and your toes pointed toward the ceiling. Slide your injured leg out to the side as far as possible. Slide it back to the starting position. Repeat 10 times.



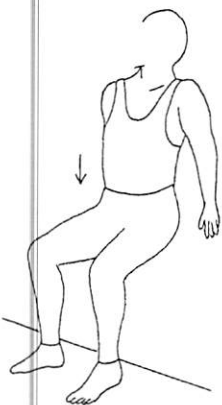
Hip abduction and adduction

3. Straight leg raise: Sit on the floor with your injured leg straight and your other leg bent, with your foot flat on the floor. Move the toes of your injured leg toward you as far as you can, while pressing the back of your knee down and tightening the muscles on the top of your thigh. Raise your leg 6 to 8 inches off the floor and hold for 5 seconds. Slowly lower it back to the floor. Repeat 20 times.

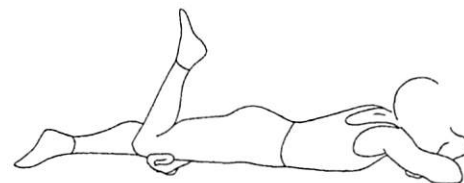


Straight leg raise

4. Prone knee flexion: Lie on your stomach with a towel rolled up underneath your injured thigh, just above your knee. Slowly bend your knee and try to touch your buttock with your heel. Return to the starting position. You can challenge yourself by wearing ankle weights. Repeat 20 times.



Wall squat



Prone knee flexion

5. Wall squat: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Keeping your head against the wall, slowly squat until you are almost in a sitting position. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds. Slowly slide back up. Repeat 20 times.