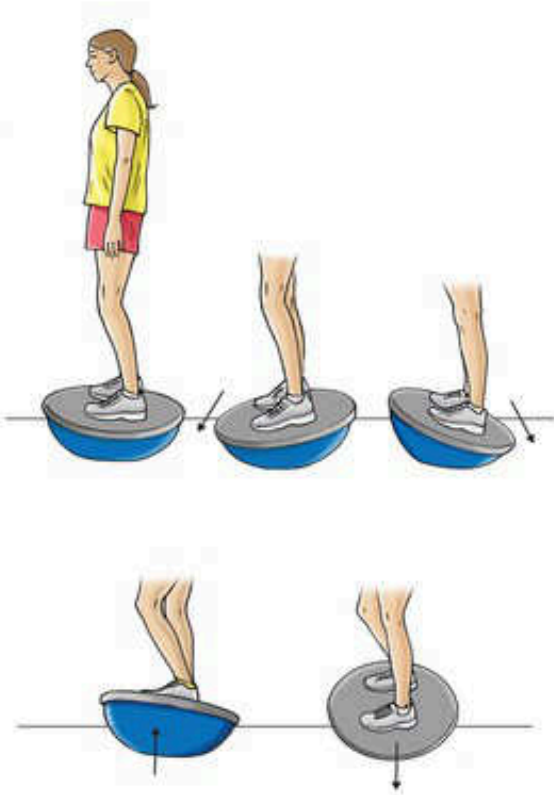


Wobble Board Exercises



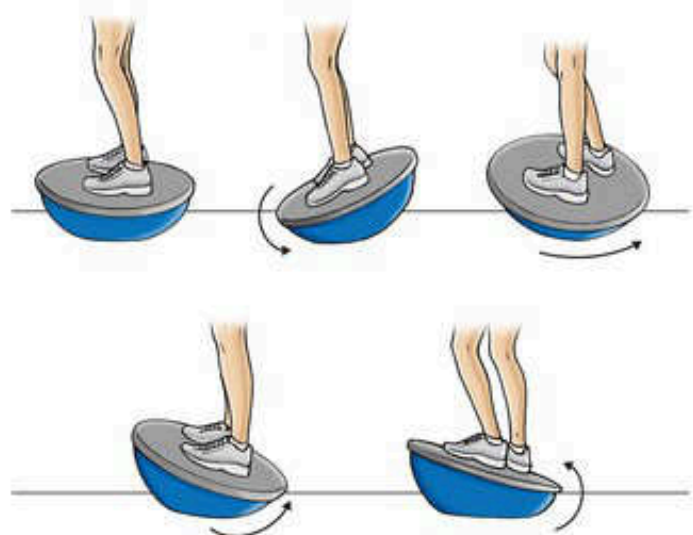
Wobble board exercise A



Wobble board exercise B



Wobble board exercise C

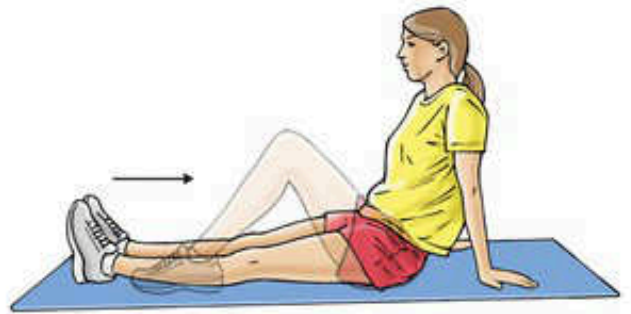


Wobble board exercise D

Medial Collateral Ligament Sprain Rehabilitation Exercises



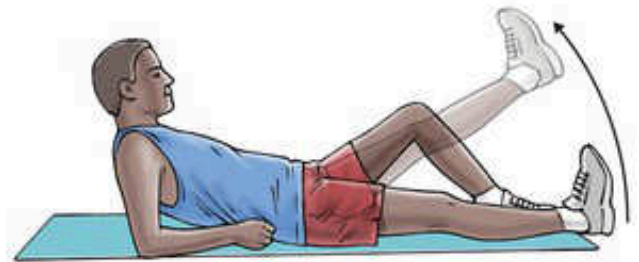
Passive knee extension



Heel slide



Clam exercise



Straight leg raise



Side-lying leg lift



Prone hip extension

Medial Collateral Ligament Sprain Rehabilitation Exercises



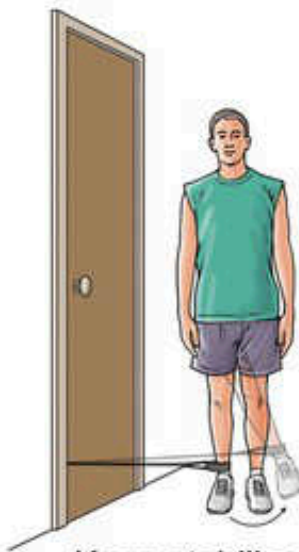
Knee stabilization: A



Knee stabilization: B



Knee stabilization: C



Knee stabilization: D



Wall squat



Step-up



Resisted terminal knee extension

☰ MEDIAL COLLATERAL LIGAMENT SPRAIN EXERCISES

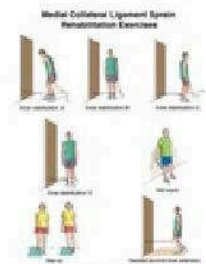
You may do the first 6 exercises right away. You may do the remaining exercises when you have less pain and swelling in your knee.



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- **Passive knee extension:** Do this exercise if you are unable to extend your knee fully. While lying on your back, place a rolled-up towel under the heel of your injured leg so the heel is about 6 inches off the ground. Relax your leg muscles and let gravity slowly straighten your knee. Try to hold this position for 2 minutes. Repeat 3 times. You may feel some discomfort while doing this exercise. Do the exercise several times a day.

This exercise can also be done while sitting in a chair with your heel on another chair or stool.

- **Heel slide:** Sit on a firm surface with your legs straight in front of you. Slowly slide the heel of the foot on your injured side toward your buttock by pulling your knee toward your chest as you slide the heel. Return to the starting position. Do 2 sets of 15.
- **Clam exercise:** Lie on your uninjured side with your hips and knees bent and feet together. Slowly raise your top leg toward the ceiling while keeping your heels touching each other. Hold for 2 seconds and lower slowly. Do 2 sets of 15 repetitions.
- **Straight leg raise:** Lie on your back with your legs straight out in front of you. Bend the knee on your uninjured side and place the foot flat on the floor. Tighten the thigh muscle on your injured side and lift your leg about 8 inches off the floor. Keep your leg straight and your thigh muscle tight. Slowly lower your leg back down to the floor. Do 2 sets of 15.

- **Side-lying leg lift:** Lie on your uninjured side. Tighten the front thigh muscles on your injured leg and lift that leg 8 to 10 inches (20 to 25 centimeters) away from the other leg. Keep the leg straight and lower it slowly. Do 2 sets of 15.

- **Prone hip extension:** Lie on your stomach with your legs straight out behind you. Fold your arms under your head and rest your head on your arms. Draw your belly button in towards your spine and tighten your abdominal muscles. Tighten the buttocks and thigh muscles of the leg on your injured side and lift the leg off the floor about 8 inches. Keep your leg straight. Hold for 5 seconds. Then lower your leg and relax. Do 2 sets of 15.
- **Knee stabilization:** Wrap a piece of elastic tubing around the ankle of your uninjured leg. Tie a knot in the other end of the tubing and close it in a door at about ankle height.
- Stand facing the door on the leg without tubing (your injured leg) and bend your knee slightly, keeping your thigh muscles tight. Stay in this position while you move the leg with the tubing (the uninjured leg) straight back behind you. Do 2 sets of 15.
- Turn 90 degrees so the leg without tubing is closest to the door. Move the leg with tubing away from your body. Do 2 sets of 15.
- Turn 90 degrees again so your back is to the door. Move the leg with tubing straight out in front of you. Do 2 sets of 15.
- Turn your body 90 degrees again so the leg with tubing is closest to the door. Move the leg with tubing across your body. Do 2 sets of 15.

Hold onto a chair if you need help balancing. This exercise can be made more challenging by standing on a firm pillow or foam mat while you move the leg with tubing.

- **Wall squat:** Stand with your back, shoulders, and head against a wall and look straight ahead. Keep

your shoulders relaxed and your feet about 3 feet (90 centimeters) away from the wall and a shoulder's width apart. Keeping your head against the wall, slide down the wall. Lower your buttocks toward the floor until your thighs are almost parallel to the floor. Hold this position for 10 seconds. Make sure to tighten your thigh muscles as you slowly slide back up to the starting position. Do 2 sets of 8 to 12. You can increase the amount of time you are in the lower position to help strengthen your quadriceps muscles.

- **Step-up:** Stand with the foot of your injured leg on a support 3 to 5 inches (8 to 13 centimeters) high --like a small step or block of wood. Keep your other foot flat on the floor. Shift your weight onto the injured leg on the support. Straighten your injured leg as the other leg comes off the floor. Return to the starting position by bending your injured leg and slowly lowering your uninjured leg back to the floor. Do 2 sets of 15.
- **Resisted terminal knee extension:** Make a loop with a piece of elastic tubing by tying a knot in both ends. Close the knot in a door at knee height. Step into the loop with your injured leg so the tubing is around the back of your knee. Lift the other foot off the ground and hold onto a chair for balance, if needed. Bend the knee with tubing about 45 degrees. Slowly straighten your leg, keeping your thigh muscle tight as you do this. Repeat 15 times. Do 2 sets of 15. If you need an easier way to do this, stand on both legs for better support while you do the exercise.

If you have access to a wobble board, do the following exercises:

- **Wobble board exercises**

Stand on a wobble board with your feet shoulder-width apart.

- Rock the board forwards and backwards 30 times, then side to side 30 times. Hold on to a chair if you need support.
- Rotate the wobble board around so that the edge of the board is in contact with the floor at all times. Do this 30 times in a clockwise and then a counterclockwise direction.
- Balance on the wobble board for as long as you can without letting the edges touch the floor. Try to do this for 2 minutes without touching the floor.
- Rotate the wobble board in clockwise and counterclockwise circles, but do not let the edge of the board touch the floor.

When you have mastered the wobble exercises standing on both legs, try repeating them while standing on just your injured leg. After you are able to do these exercises on one leg, try to do them with your eyes closed. Make sure you have something nearby to support you in case you lose your balance.

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