

# Collateral Ligament Injury Phase 2

## 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.

## Vastus Medialis Oblique (VMO) Strengthening Standing

Place your hand on the inside part of the front of your thigh, which makes up part of the quadriceps muscles. Stand with good posture, with one leg in front of your other leg and knees slightly bent. On your front leg, press your heel into the floor and pull your toes towards you. Keeping some pressure through the heel, slide your heel away from you and straighten your leg. Try to use the muscle on the inside of your thigh to control the contraction rather than any other part of your body (e.g. your gluteus muscles or hamstrings).



 **Video:**  
<http://youtu.be/oiAPjaW7Ae0>

SETS REPS

## Hip Flexion Standing

Stand up against a wall, and move your leg in front of you at approximately a 30 degree angle. You will most likely feel a stretch behind the back of the thigh (hamstring).



 **Video:**  
<http://youtu.be/-I4mUCpbzPE>

SETS REPS

## Football Kicks

Bend your knee and kick your leg directly in front of you. This is a good mobility and control exercise for stiff knee joints.



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

SETS REPS

## Leg Lift Prone

Lift your leg behind you. You can either hold this position as a sustained hold, or move your leg up and down. This exercise predominantly strengthens your gluteal (buttock) muscles, but also your lower back muscles



 **Video:**  
<http://youtu.be/QsTf8NVXavA>

SETS REPS

## 1/4 Squat with Stability Ball

Place a Swiss ball behind your lower back, and place your feet two foot (0.5m) from the wall. Open your legs slightly wider than shoulder width. Bend your knees to the 1/4 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.



 **Video:**  
<http://youtu.be/PvyLLBqwG6o>

SETS REPS

## Clam

Lie on your side, with both knees bent. Keeping your feet together, squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.



 **Video:**  
<http://youtu.be/1ECrWm-3SKo>

SETS REPS

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