

Collateral Ligament Injury Phase 5

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.

Box Jump

With both legs, jump onto a box. Use a little bit of knee bend when you jump, and keep both feet facing forwards. Try to keep good posture by keeping your head up. Then jump off.

 **Video:**
<http://youtu.be/SMsH4ADzur>

SETS	REPS
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Box Jump Lateral

Stand to the side of a box, and jump on to it. Use a little bit of knee bend when you jump, and keep both feet facing forwards. Try to keep good posture by keeping your head up. You can jump to the box and then back to the same side, or to alternate sides from the box.

 **Video:**
<http://youtu.be/oVliSqm7IFg>

SETS	REPS
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Single Leg Pistol Squat

Position one leg out straight in front of you, then perform a full squat as low down as you can go comfortably. Caution: this exercise is for those with healthy knees, and you should be well conditioned before attempting this.

SETS	REPS
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 **Video:**
<http://youtu.be/5ixHYaRrPqE>



Alternate Heel Kicks Jogging

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/Xq8Y_A2qBS8

SETS	REPS
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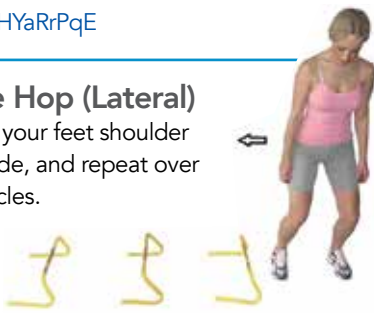


Double Leg Multiple Hop (Lateral)

Bend your knees, and keep your feet shoulder width apart. Jump to one side, and repeat over some equally spaced obstacles.

 **Video:**
<http://youtu.be/UI-XcdPLbr0>

SETS	REPS
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Double Leg Multiple Hop (Front)

Bend your knees, and keep your feet shoulder width apart. Jump in front of you, and repeat over some equally spaced obstacles.

 **Video:**
<http://youtu.be/Sq6h3Gc7oD4>

SETS	REPS
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Single Leg Romanian Dead Lift with Stability Hop with Medicine Ball

Hold on to a medicine ball. Standing with your feet shoulder width apart, extend one leg behind you as you bend forwards. Soften your knee slightly, and make sure you keep your back straight (or just slightly arched) throughout the movement. When you reach horizontal, come back up to the start position (on one leg). Then go into a hop, then stabilise your hips (or regain balance). Repeat as required.

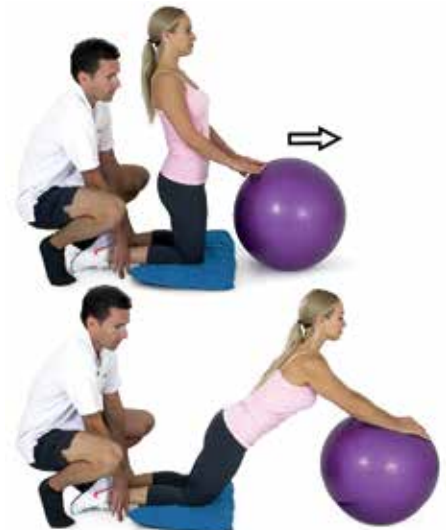


 **Video:**
<http://youtu.be/htKjg5ivOcs>

SETS	REPS
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Nordic Hamstring Curl with Swiss Ball

Kneel down with a pillow or mat under your knees. Ask a partner or friend to hold your ankles and place your hands on a Swiss ball near your knees. When you and your partner are ready, gently roll your upper body so the ball moves forwards. Repeat. The support of the ball makes this exercise a little easier to start with.



 **Video:**
<https://youtu.be/G3Dn157aqBg>

SETS	REPS
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Reverse Bosu Squat Single Leg

This is a very hard exercise. Stand on an upside-down BOSU, and go into a squat position on one leg. Try to maintain good form/ technique. Return to the start position. Note: this exercise is hard, so only do this if you have strong legs. 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/x0MjdCbUDdE>

SETS	REPS
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