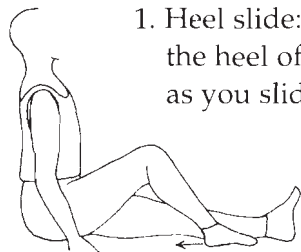


DUKE ORTHOPAEDICS OF RALEIGH

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Medial Collateral Ligament Sprain Rehabilitation Exercises

You may do exercises 1 through 5 right away. You may do exercises 6 and 7 when the pain in your knee has decreased.



Heel slide

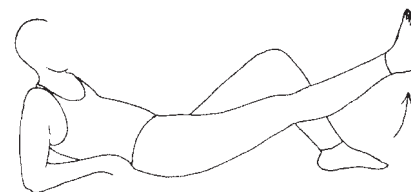
1. Heel slide: Sit on a firm surface with your legs straight in front of you, slowly slide the heel of your injured leg toward your buttocks by pulling your knee to your chest as you slide. Return to the starting position. Repeat 20 times.

2. Sitting hip adduction isometrics: Sit with your knees bent 90 degrees, a pillow placed between your knees, and your feet flat on the floor. Squeeze the pillow for 5 seconds and then relax. Repeat 20 times.



Sitting hip adduction isometrics

3. Straight leg raise: Sit on the floor with the 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.

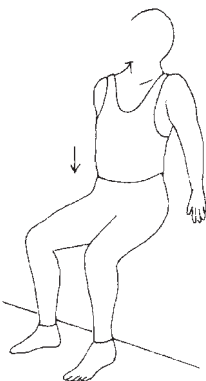


Straight leg raise

4. Hip adduction, sidelying: Lie on your injured side. Keep your injured leg straight. Bend your uninjured leg and place your foot in front of your injured leg. Raise your injured leg as far as you can comfortably and hold it for 5 seconds. Keep your hips still while you are lifting your leg. Hold this position for 5 seconds and then slowly lower your leg. Repeat 20 times.

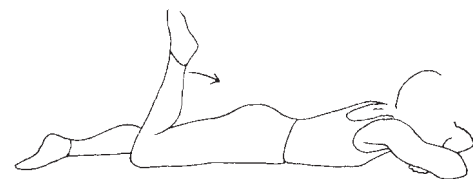


Hip adduction, sidelying



Wall slide

5. Prone knee flexion: Lie on your stomach. Bend your injured knee and try to touch your buttock with your heel. Return to the starting position. Repeat 20 times.



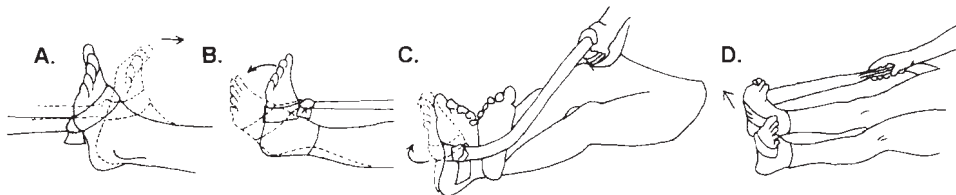
Prone knee flexion

6. Wall slide: 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. Hold this position for 10 seconds. Slowly slide back up. Repeat 20 times.

Medial Collateral Ligament Sprain Rehabilitation Exercises

7. Resisted Thera-Band exercises for the lower leg:

- A. Resisted dorsiflexion: Sit with your injured leg out straight and your foot facing a doorway. Tie a loop in one end of the Thera-Band. Put your foot through the loop so that the tubing goes around the arch of your foot. Tie a knot in the other end of the Thera-Band and shut the knot in the door. Move backward until there is tension in the tubing. Keeping your knee straight, pull your foot toward your face, stretching the tubing. Slowly return to the starting position. Repeat 10 times. Do 3 sets of 10.
- B. Resisted plantar flexion. Sit with your injured leg outstretched and loop the middle section of the tubing around the ball of your foot. Hold the ends of the tubing in both hands. Gently press the ball of your foot down and point your toes, stretching the Thera-Band. Return to the starting position. Repeat 10 times. Do 3 sets of 10.
- C. Resisted inversion: Sit with your legs out straight and cross your uninjured leg over your injured leg. Wrap the tubing around the ball of the foot on your injured leg and then loop it around your other foot so that the Thera-Band is anchored there at one end. Hold the other end of the Thera-Band in your hand. Turn your foot on your injured leg inward and upward. This will stretch the tubing. Return to the starting position. Repeat 10 times. Do 3 sets of 10.
- D. Resisted eversion: Sit with both legs stretched out in front of you, with your feet about a shoulder's width apart. Tie a loop in one end of the Thera-Band. Put the foot of your injured leg through the loop so that the tubing goes around the arch of that foot and the Thera-Band wraps around the outside of the foot on your uninjured leg. Hold onto the other end of the tubing with your hand to provide tension. Turn your injured foot up and out. Make sure you keep your other foot still so that it will allow the tubing to stretch as you move your injured foot. Return to the starting position. Repeat 10 times. Do 3 sets of 10.



Resisted Theraband exercises for the lower leg