

Home Exercise Program for Collateral Ligament Tear (MCL and LCL)

- Perform the exercises in the order listed.
- These exercises should be performed with the knee braced for a grade II or III injury, as informed by your doctor using criteria for tests.
- Follow your doctor’s instructions as to whether the knee should be in a brace while performing these exercises.
- Dry or moist heat may be applied to the back of the knee during the passive knee extension.
- To prevent additional inflammation, after completing the exercises apply a bag of crushed ice or frozen peas to the affected side of the knee for up to 20 minutes.
- If pain increases at any time or does not improve after performing these exercises for 3 to 4 weeks, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercises for Collateral Ligament Tear

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hamstring curl (standing)	Hamstrings	25 to 50 repetitions/2 to 3 sets	5 to 6	3 to 4
Hamstring curl (seated)	Hamstrings	25 to 50 repetitions/2 to 3 sets	5 to 6	3 to 4
Passive knee extension (prone)	Hamstrings	One repetition/2 to 3 times per day	5 to 6	3 to 4
Passive knee extension (seated)	Hamstrings	25 to 50 repetitions/2 to 3 sets	5 to 6	3 to 4
Quadriceps setting	Quadriceps	10 to 20 repetitions/2 to 3 sets	5 to 6	3 to 4
Straight leg raise	Quadriceps	10 to 20 repetitions/2 to 3 sets	5 to 6	3 to 4

Hamstring Curl (Standing)

- Stand on a flat surface with your weight evenly distributed on both feet. Hold on to the back of a chair or the wall for balance.
- Bend the affected knee, raising the heel of the affected leg toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax. Straighten the knee fully between repetitions.
- Perform 2 to 3 sets of 25 to 50 repetitions, 5 to 6 days per week, continuing for 3 to 4 weeks.

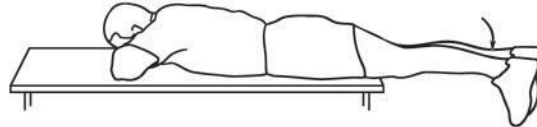


Hamstring Curl (Seated)

- Sit on a chair with your feet flat on the floor.
- Slide the foot on the affected side back and hold the position for 5 seconds.
- Perform 2 to 3 sets of 25 to 50 repetitions, 5 to 6 days per week, continuing for 3 to 4 weeks.

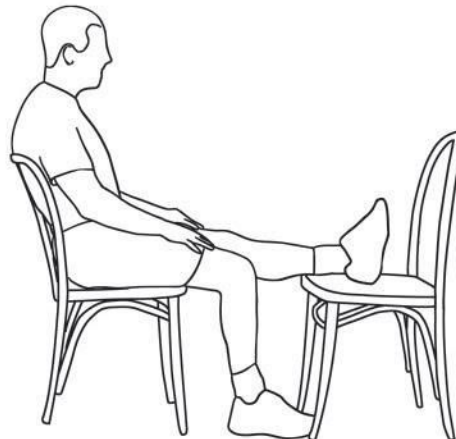
Passive Knee Extension (Prone)

- Lie face down on a table or bed with your thighs supported just above the knee.
- Relax your legs and let gravity pull the knees down (into extension).
- Stay in this position for 5 to 10 minutes.
- Repeat this 2 to 3 times per day, 5 to 6 days per week, continuing for 3 to 4 weeks.



Passive Knee Extension (Seated)

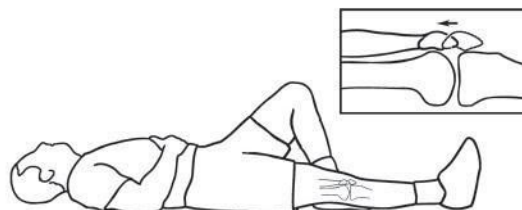
- Sit in a chair with the affected leg propped upon another chair of equal height, as shown.
- Relax your leg and let gravity pull the knee down (into extension).
- Hold this position for 10 seconds.
- Perform 2 to 3 sets of 25 to 50 repetitions, 5 to 6 days per week, continuing for 3 to 4 weeks.



Collateral Ligament Tear

Quadriceps Setting

- Lie on the floor with the affected leg straight out and the other bent.
- Squeeze the thigh muscle of the straight leg for 10 seconds and then release it.
- Perform 2 to 3 sets of 10 to 20 repetitions, 5 to 6 days per week, continuing for 3 to 4 weeks.



Straight Leg Raise

- Add in the straight leg raise exercise after 1 to 2 weeks and only if the leg can be kept fully straight when lifted.
- Lie on the floor with the affected leg straight and the unaffected leg bent.
- Tighten the thigh muscle of the straight leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds. Relax the leg completely between repetitions.
- Work up to 3 sets of 10 to 20 repetitions. Perform the exercise 5 to 6 days per week, continuing for 3 to 4 weeks.

