
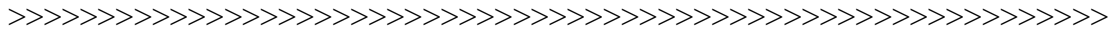
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Medial Collateral Ligament Sprain

An MCL injury occurs when a movement is too great for the ligament to resist and therefore the ligament overstretches or a tear occurs. This can happen due to a trauma or hit direct on the knee, a sudden change of direction, twisting movement or landing from a jump. This condition causes pain on the medial knee area, swelling and tenderness over ligament site.

Pain management methods:

Speak to your GP/pharmacist about pain relief if needed

We advise the use of ice packs (15/20 min) 2-3 times a day combined with knee elevation.

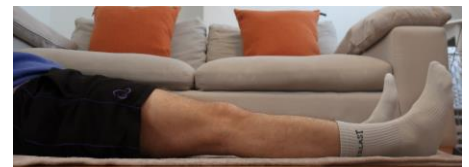
Leg press:



- Lie on your back with a rolled up towel/pillow underneath your heel
- Push your knee down into the towel
- Hold 20 seconds
- 10 repetitions



Heel slide:

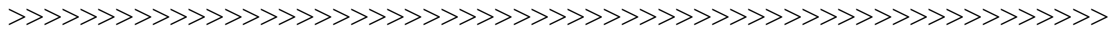
- Sit on the floor
- Straight both legs in front of you
- Gently slide the heel of your injured leg towards your buttocks
- 10 repetitions
- 3 sets



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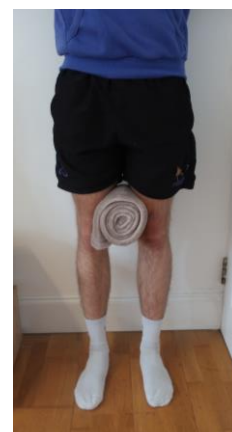
Leg raise:



- Lie on your back
- Bend the good leg
- Straighten the painful leg and pull back your toes
- Lift your leg 1 foot off the floor/bed
- Hold 5 seconds
- 10 repetitions



Wall slide:

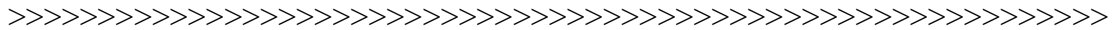
- Stand against a wall
- Keep your feet 20 cm distance from the wall
- Add a ball or towel between your knees
- Slowly slide down the wall
- Return to starting position
- 10 repetitions



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Knee flexion:

- Stand on the back of a chair
- Bend your knee 90 degrees
- Hold 10 seconds
- 10 repetitions



Isometric hip adduction:

- Sit with your knees bent 90 degrees
- Place a pillow or rolled towel between your knees
- Squeeze the pillow for 10 seconds
- 10 repetitions

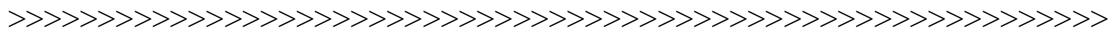


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Step up:



- Stand with your foot of your injured leg on a step as shown
- Keep the opposite foot flat on the floor
- Bring your uninjured leg up by shift your weight to the injured leg and straighten your knee
- Gently return to start position
- 10 repetitions
- 3 sets



Knee stabilization – extension:

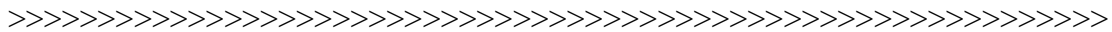
- Stand facing a door/wall
- Wrap an elastic band around uninjured leg
- Move the uninjured leg backwards against the band
- Stabilize all your body by using the injured leg (keep knee straight)
- 10 repetitions
- 2 sets



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Knee stabilization – abduction:

- Turn 90 degrees, so injured leg is closer to the door/wall
- Open the uninjured leg to the side against the band
- Stabilize all your body by using your injured leg (keep knee straight)
- 10 repetitions
- 2 sets



Knee stabilization – flexion:

- Turn 90 degrees again, so your back is to the door/wall
- Move the uninjured leg forward against the band
- Stabilize all your body by using your injured leg (keep knee straight)
- 10 repetitions
- 2 sets

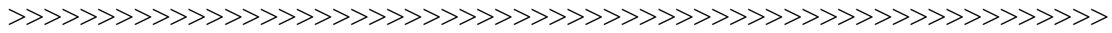


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Knee stabilization – adduction:

- Turn 90 degrees again, so your uninjured leg is closest to the door /wall
- Move the uninjured leg across your body against the band
- Stabilize all your body by using your injured leg (keep knee straight)
- 10 repetitions
- 2 sets



Resisted knee extension:

- In a sitting position
- Wrap an elastic band around your injured leg and around a chair/table leg or fixed object
- Gently straight your injured leg
- 10 repetitions
- 2 sets

