

Knee Strengthening Program

(MCL)



STRAIGHT LEG RAISE 2 - SLR

While lying or sitting, raise up your leg with a straight knee. Keep both knees straight the entire time.



ELASTIC BAND - STRAIGHT LEG RAISE - SLR

While lying on your back with an elastic band looped around your ankles, lift the target leg upwards.



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground.



ELASTIC BAND - PRONE EXTENSION

While lying on your stomach with an elastic band looped around your ankles, lift the target leg upwards.



CLAM SHELLS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.



SIDELYING REVERSE CLAMS

While lying on your side with your knees bent, raise your top foot towards the ceiling while keeping contact of your knees together. Then, lower back down to original position.

Do not let your pelvis roll forward during the lifting movement.





ELASTIC BAND - SIDELYING CLAM-

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.



SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS

Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.



HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up the bottom leg towards the ceiling. Keep your knee straight the entire time.

The top leg should be bent at the knee and your foot planted on the ground supporting your body.



FOAM ROLL - TANDUM WALK

Place a half foam roll on the ground in a forward-back direction with the rounded side up.

Stand on the foam roll and begin tandem walking (heel-toe pattern walking as shown). Once you get to the end of the roll, tandem walk backward. Try and maintain your balance without stepping off the foam roll.



ELASTIC BAND FORWARD WALKS - MONSTER WALK

With an elastic band around both ankles, walk forward while keeping your feet spread apart. Keep your knees bent the entire time.



ELASTIC BAND LATERAL WALKS

With an elastic band around both ankles, walk to the side while keeping your feet spread apart. Keep your knees bent the entire time.



STEP DOWN - FORWARD

Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down forward off the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.