

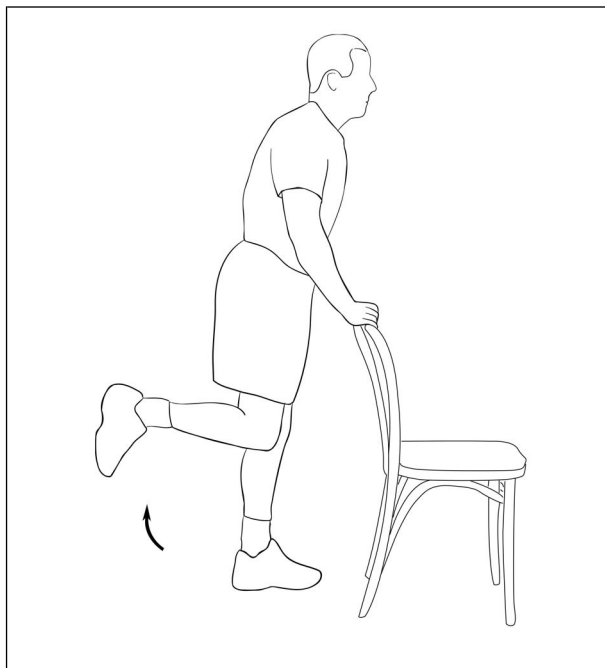
Exercise Program for: \_\_\_\_\_

Prepared by: Seasons Family Medicine  
37 South 2nd East  
Rexburg ID, 83440  
(208) 356-9231

## HOME EXERCISE PROGRAM FOR COLLATERAL LIGAMENT TEAR

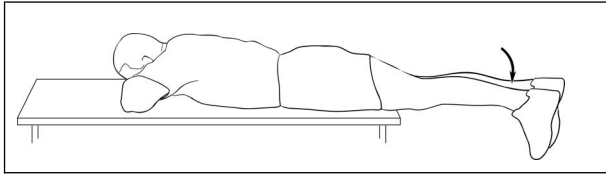
Perform the exercises in the order listed. Dry or moist heat may be applied to the back of the knee during the passive knee extension. Apply a bag of crushed ice or frozen peas to the injured side of the knee for 20 minutes after completing the exercises to prevent additional inflammation. If pain increases at any time or does not improve after performing these exercises for 3 to 4 weeks, call your doctor.

| Exercise Type                   | Muscle Group | Number of Repetitions/Sets  | Number of Days per Week | Number of Weeks |
|---------------------------------|--------------|-----------------------------|-------------------------|-----------------|
| Hamstring curls                 | Hamstrings   | 25 to 45 repetitions/3 sets | 5 to 6                  | 3 to 4          |
| Passive knee extension (prone)  | Hamstrings   | 1 repetition/2 to 3 sets    | 5 to 6                  | 3 to 4          |
| Passive knee extension (seated) | Quadriceps   | 25 to 50 repetitions/3 sets | 5 to 6                  | 3 to 4          |



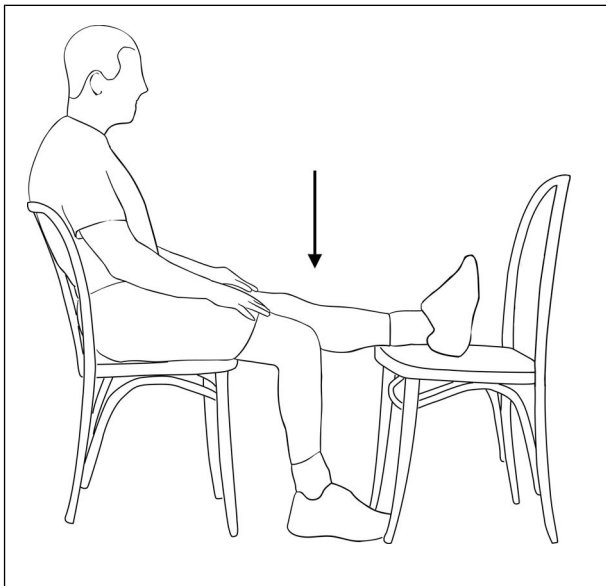
### HAMSTRING CURLS

Stand on a flat surface with your weight evenly distributed on both feet. Hold onto the back of a chair or the wall for balance. Bend the injured knee, lifting the heel toward the ceiling as far as possible without pain. Hold this position for 5 seconds and then relax. Perform 3 sets of 25 to 45 repetitions, 5 to 6 days a week, continuing for 3 to 4 weeks. Seated version: Sit on a chair with your feet flat on the floor. Raise the injured knee off the chair and hold the position for 5 seconds.



## 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 a week, continuing for 3 to 4 weeks.



## PASSIVE KNEE EXTENSION (SEATED)

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