

**Notes:** You may be put in a brace to help encourage your ligament to try and heal. Please try and wear it all times and only remove it to do your exercises and then reapply.

It is important to regain early movement after your injury, and activate the thigh muscle on the front of your leg.  
It is very important NOT to use your hamstring - the muscle at the back of your leg - to bend your knee. This may stretch the ligament more that you have already injured

Walking to excess in the early phase of recovery may slow your recovery and make your knee more painful. Ice packs on your knee will help to settle the swelling. Apply for 10-15 minutes with oil on your skin to stop you getting an ice burn.

Focus on regaining full extension with exercise 4 and gain the muscle control in your thigh and hip muscles with 2,3,6,7 and 8

### 1- Side lying hip flexion - Sets:2 / Repetition:10



Lie on your injured side with your leg on a bin liner to make it easier to bend by sliding, and with your head supported on your forearm. Put the top arm in front for balance.

Move your affected knee up towards your face by sliding it on the bed using the muscle on the front of your hip as far as possible, relax at the top for a few seconds.

Do NOT tighten the muscle at the back of your knee (hamstring)  
Tighten your bottom muscle to help straighten your knee to the starting position.

### 2- Static Quadriceps - Sets:2



Lie down with your legs relaxed.

Tighten the muscle on the front of your thighs by stretching your leg away from you then pushing your leg down hold for 3 seconds, relax and repeat 10 times.

### 3- Inner range quadriceps (IRQ) - Sets:2



Lie down on your back with a small rolled up towel under your knee.

straighten your knee pushing the back of your thigh onto the towel and lift your heel as high as you can without lifting your knee and without pain

hold for 5 seconds x 10

### 4- Knee extension stretch



Lay down with your involved leg straight out in front of you.

Place the heel on a small book 1-2 cm thick with the knee unsupported. Leave for 2 minutes.

Optional: place an ice pack on your knee while holding the position.

**5- Active assisted knee flexion in sitting** - Sets:3 / Repetition:5



Sit up straight in a chair  
Bend your knee as far as you can by sliding your foot backwards.  
Cross your other leg over your ankle and use it to help bend your knee further.

To increase the stretch keep your feet still and move your bottom forwards on the chair

**6- Quad contraction**



Have leg/hip out to side as far as is comfortable.

place a large pillow / towel under your knee and try to straighten your knee, hold for 3 seconds and repeat 10 times.3 sets

**7- Static Glutes**



Tighten your buttocks as hard as you can without tightening the muscles in your legs on the inside or the back.

Hold for 5 seconds x 10 times  
x 2 sets daily

**8- Standing plantar flexion calf raises** - Sets:3 / Repetition:10



Standing, feet hip width apart.

Make sure your foot is straight with your toes pointing forwards.  
Raise your heels off the ground smoothly, keeping your knee straight and push up onto the balls of your feet, keep your toes relaxed. Keep your weight on your big toe.