



# HEALING HANDS PHYSIOTHERAPY

Practice No. 072 000 0422940

P.O Box 4445, Walvis Bay; Tel 067 240 871, Fax: 067 240 872,

Cell: 0818690727, E-mail: [healinghandsqfn@gmail.com](mailto:healinghandsqfn@gmail.com)

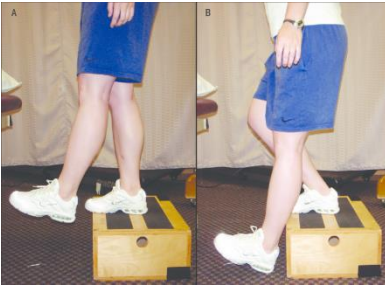
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## Medial Collateral Ligament Sprain Exercises(Phase Two)

### 1. Bilateral semi-squat



### 2. Single leg step-downs



### 3. Resisted knee extensions



### 4. Resisted knee flexion



### 5. Single-leg Bridging



### 6. Single-leg Calf raises



**7. Resisted hip abduction**



**8. Resisted hip extension**



**9. Proprioceptive exercise**

