

# Medial Collateral Ligament Sprain Rehabilitation Exercises



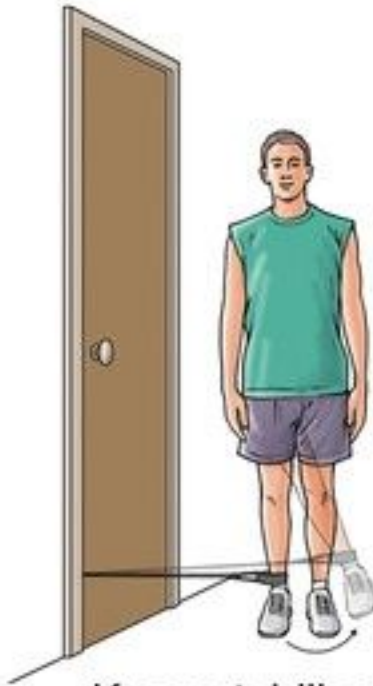
Knee stabilization: A



Knee stabilization: B



Knee stabilization: C



Knee stabilization: D



Wall squat



Step-up



Resisted terminal knee extension