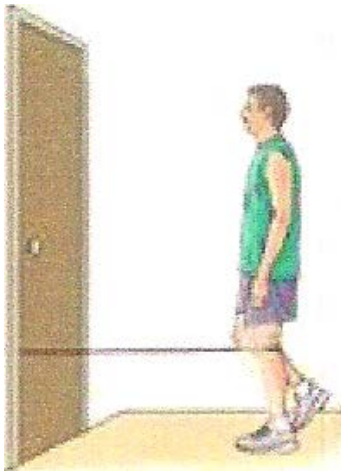


## Lateral Collateral Ligament Sprain Rehabilitation Exercises



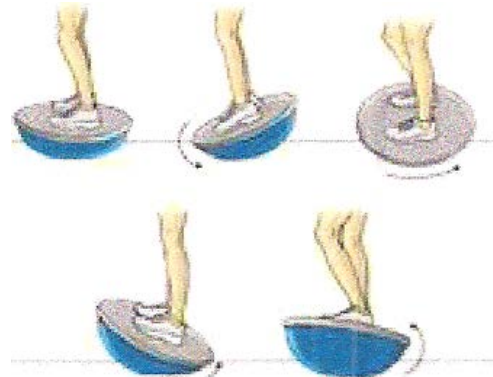
Resisted terminal  
knee extension



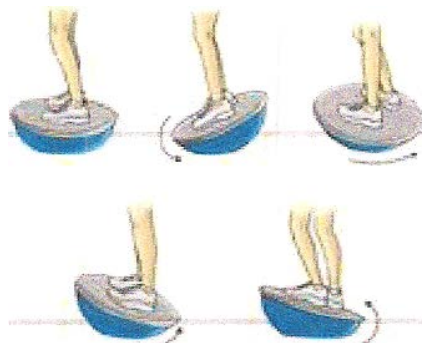
Wobble board exercise A



Wobble board exercise B



Wobble board exercise C



Wobble board exercise D