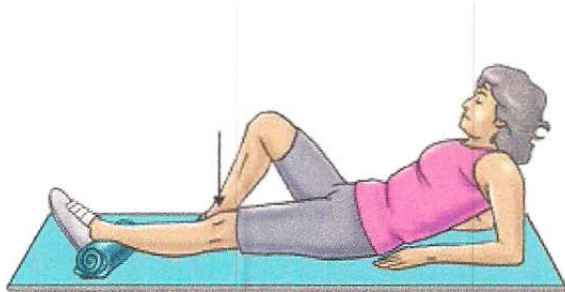
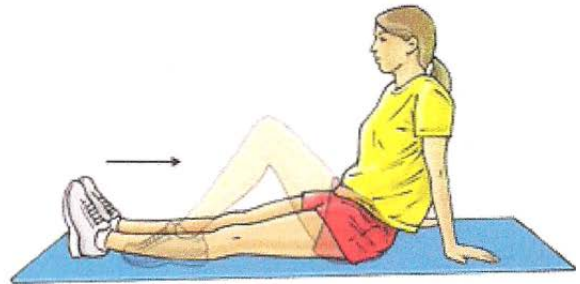


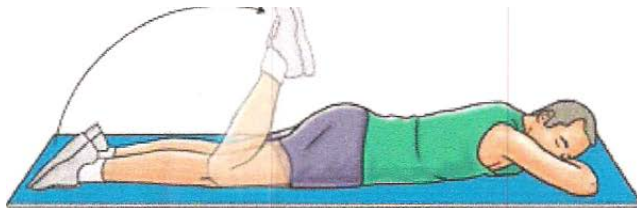
Medial Collateral Ligament Sprain Rehabilitation Exercises



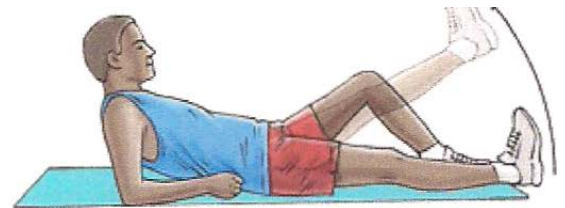
Passive knee extension



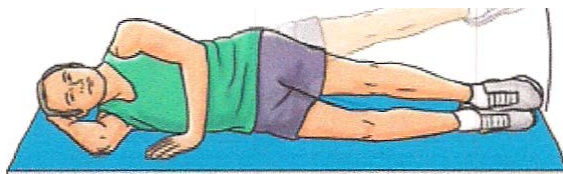
Heel slide



Prone Leg curl



Quad lifts



Side-lying hip abduction



Prone hip extension