## Grade 1 Medial Knee Ligament Sprain Rehabilitation Overview

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<th>Phase</th>
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| Phase 1 | Aim to control the swelling and maintain muscle bulk. | 0 - 1 week (post injury) | Apply cold therapy & compression         | - Heel slides  
- Flexion exercise  
- Isometric quads  
- Hamstring curl  
- Calf raises  
- Hip abduction & extension |
- Leg press  
- Bridges  
- Single leg calf raise  
- Wobble board exercises |
| Phase 3 | Full strength, full squats and begin sports specific exercises. | 2 - 4 weeks (post injury) | Manual therapy & massage if required. | - Full squats & lunges  
- Leg press (single leg)  
- Bridges (single leg)  
- Calf raise (single leg)  
- Wobble board exercises  
- Cycling, running & agility |
| Phase 4 | Full strength, range of motion and endurance. Return to full sports training & competition. | 3 - 6 weeks (post injury) | Manual therapy & massage if required. | - Wear hinged knee brace  
- Sports specific training  
- Restricted match practice |