 

Lateral Collateral Ligament (LCL) Video

https://www.youtube.com/watch?v=extccaSW6Ek

Medial Collateral Ligament (MCL) Video

https://www.youtube.com/watch?v=AGxIT\_RAFdo

 

Anterior Cruciate Ligament (ACL)

Video

https://www.youtube.com/watch?v=aWstYqrSwYY

Posterior Cruciate Ligament (PCL)

Video

https://www.youtube.com/watch?v=zdnB0MSme4o

 

Meniscus Injuries Video

https://www.youtube.com/watch?v=iIWJJUcuMfM

IT Band Friction Syndrome Video

https://www.youtube.com/watch?v=a\_LNeyQvU1M

 

Patellofemoral Pain Syndrome Video

https://www.youtube.com/watch?v=GoisyYE6-wM

Osgood-Schlatter Video

https://www.youtube.com/watch?v=tgo0pjVyoEw

 

Patellar Tendonitis (Jumpers Knee)

Video

https://www.youtube.com/watch?v=EbgnAuJGApQ

Patellar Subluxation Video

https://www.youtube.com/watch?v=VfjCaGAIVCs