



HEALING HANDS PHYSIOTHERAPY

Practice No. 072 000 0422940

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ACL Post-OP (Phase Two)

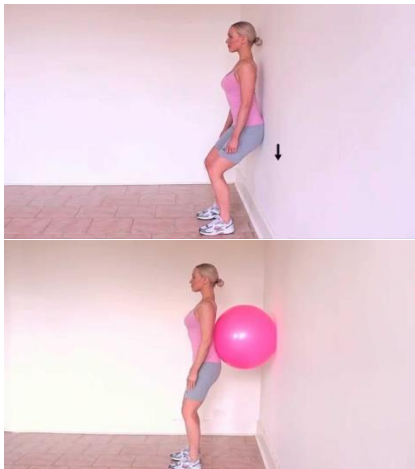
1. Assisted knee flexion



2. Bridging



3. Bilateral quarter/semi-squats



4. Ball squeeze



5. Resisted hip abduction



6. Terminal knee extension



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7. Isometric Hams



8. Passive knee extension



9. Calf raises (Supported)

