



HEALING HANDS PHYSIOTHERAPY

Practice No. 072 000 0422940

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ACL Post-OP (Phase Three)

1. Half squats to full squats



2. Lunges



3. Leg press



4. Step downs



5. Balance and proprioception

BALANCE AND STABILITY
USING WOBBLE BOARD
BOTH FEET ON THE BOARD
HOLDING CHAIR
WITH EYES OPEN
(BALB01)





7. Calf raises (un-supported) to single-leg



6. Hamstring curls



Healing Har

