

ACL REHABILITATION EXERCISES

DAILY LOG

DAYS 1 - 5

DAY	1	2	3	4	5	circle one
Extension Exercises - Prone hangs or heel props (5 mins)						
Flexion Exercises - Knee swings (5 mins)						
Static Quads and Hamstrings - 10 times for 10 secs each						
Patella Mobilisation (2 mins)						
EVENT LOG						
Analgesics taken						
Ice packs/ Cryocuff						

DAYS 6 - 10

DAY	6	7	8	9	10	circle one
Extension Exercises - Prone hangs or heel props (5 mins)						
Flexion Exercises - Knee swings (5 mins)						
Static Quads and Hamstrings - 10 times for 10 secs each						
Patella Mobilisation (2 mins)						
Balancing on operated leg – (30 secs)						
Minisquats – 5 Double, 2 Single each leg						
Walking backwards						
Toe Raises x 10						
EVENT LOG						
Analgesics taken						
Ice packs/Cryocuff						