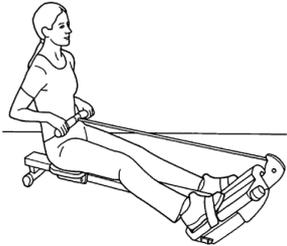
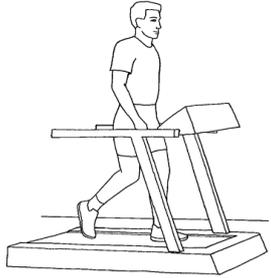


**Patient
Information**

**ACL Exercise Circuit
Phase 2**

<p>Exercise Bike</p>		
<p>Cross Trainer</p>		
<p>Rowing Machine</p>		
<p>Walking on Treadmill</p>		

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email pals.team@gwh.nhs.uk

Our Values

Service Teamwork Ambition Respect

Document control

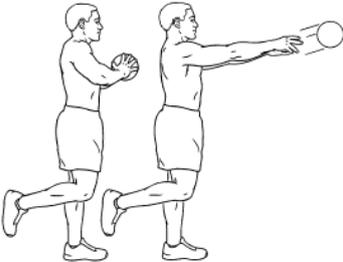
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Approved Date

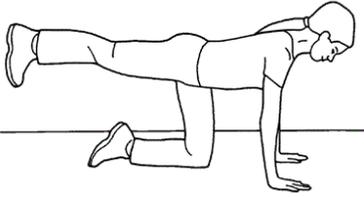
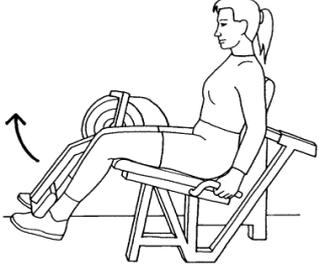
Next Review Date

Document Number

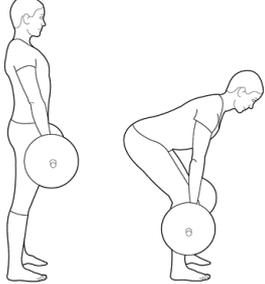
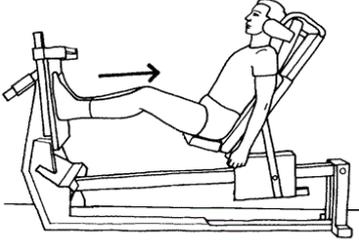
ACL Exercise Circuit Phase 2

Swimming (no breaststroke)		
Step Ups with Knee Lift		
Single Leg Calf Raises		
Lunges		
Bosu Ball Balance		
Single Leg Stands with Ball throw and catch		

ACL Exercise Circuit Phase 2

<p>Single Leg Bridge</p>		
<p>Crab Walks with Resistance Band</p>		
<p>4 Point Kneeling Hip Extension</p>		
<p>Squat Thrusts</p>		
<p>Leg Extension Machine</p>		
<p>Side Lying Hip Adduction</p>		

ACL Exercise Circuit Phase 2

<p>Star Excursion</p>		
<p>Dead Lift</p>		
<p>Skater Hops</p>		
<p>Leg Press</p>		
<p>Prone Hamstring Curls</p>	