

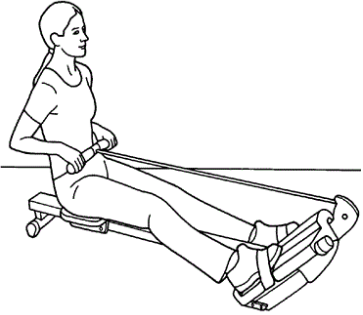
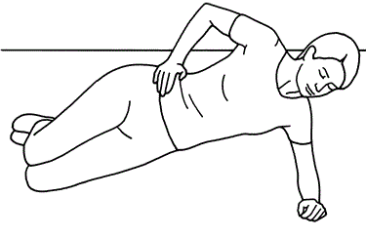


# Patient Information

## ACL Exercise Circuit Phase 1

<p>Exercise Bike</p>		
<p>Seated Leg Extensions</p>		<ul style="list-style-type: none"> <li>- Speak to your Physiotherapist about this exercise before starting this.</li> </ul>
<p>Rowing Machine</p>		<ul style="list-style-type: none"> <li>- Speak to your Physiotherapist about this exercise before starting this.</li> </ul>
<p>Side Plank</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](mailto:pals.team@gwh.nhs.uk)

Our Values

Service Teamwork Ambition Respect

Document control









Directorate

Approved Date

Next Review Date



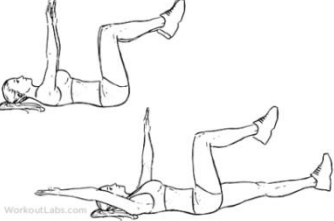

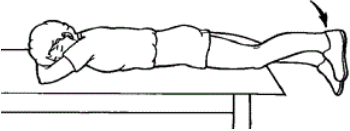
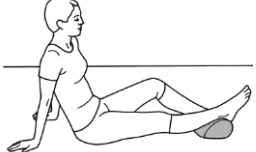


Document Number

# ACL Exercise Circuit Phase 1

<p>Front Plank</p>		
<p>Single Leg Stands</p>		
<p>Bridging</p>		
<p>Calf Raises</p>		
<p>Squats</p>		
<p>Walking (forwards, backwards, sideways)</p>		
<p>Hip Extension</p>		
<p>Step Ups</p>		

# ACL Exercise Circuit

## Phase 1

Clam		
Star Excursion		
Dead Bug		
Prone Knee Bend		
Prone Foot Hangs		
Heel Props		
Static Quads		
Inner Range Quads		
Straight Leg Raise	