Anterior Cruciate Ligament (ACL) Injury Rehabilitation Exercises Dr. Nasef's Orthopedic Clinic جراحات القدم والكاحل أصابات الملاعب وتغبير المفاصل **Quad Sets** Heel slide Passive knee extension Balance and reach exercise A Balance and reach exercise B Wall squat with a ball Knee stabilization: A Knee stabilization: B Knee stabilization: C

Knee stabilization: D

Resisted terminal knee extension