

Anterior Cruciate Ligament (ACL) Injury Rehabilitation Exercises



Heel slide



Quad Sets



Passive knee extension



Wall squat with a ball



Balance and reach exercise A



Balance and reach exercise B



Knee stabilization: A



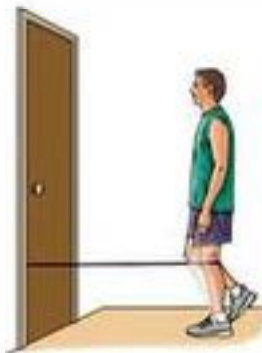
Knee stabilization: B



Knee stabilization: C



Knee stabilization: D



Resisted terminal knee extension