



Home Exercise Program for Anterior Cruciate Repair

<https://vch.eduhealth.ca/en/permalink/phem3085>

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Date:

Language: English

Status: Available

Description: The following exercises will help you improve mobility and strength following your knee ligament surgery.

Format: Brochure

Topic: Procedures, Treatments & Tests

Subject: Knee Injuries and Disorders

Rehabilitation

Keywords: rehabilitation

therapy

physical therapy

Mobility

stretches

flexion

extension

Home Exercise

after surgery

Reading Level: 4

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Documents



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