

Patient Name: Owen McLean

Rehab Type: Stuffed Ankle

Prescription Date: 2024-06-07

1. Exercise: Weighted Squat

Volume: 3x10

Notes: ...1

Comments: hello



2. Exercise: Weighted Squat

Volume: 3x10

Notes: ...2

Comments: hello



3. Exercise: Biceps Stretch

Volume: 2x15s

Notes: ...3

Comments: hello

