

Patient Name: Owen McLean

Rehab Type: Stuffed Ankle 2

Prescription Date: 2024-06-07

1. Exercise: Weighted Squat

Volume: 3x10

Notes: a

Comments: heIIIIIIlo



2. Exercise: Biceps Stretch

Volume: 2x15s

Notes: b

Comments: heIIIIIIlo



3. Exercise: Weighted Squat

Volume: 3x10

Notes: c

Comments: heIIIIIIlo

