

Patient Name: Owen McLean

Rehab Type: Stuffed Ankle 1

Prescription Date: 2024-06-07

1. Exercise: Weighted Squat

Volume: 3x10

Notes:

Comments: heIIllo



2. Exercise: Biceps Stretch

Volume: 2x15s

Notes:

Comments: heIIllo



3. Exercise: Weighted Squat

Volume: 3x10

Notes:

Comments: heIIllo

