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P2	revati bheemu ACL Rehab Survey	Main Sport Knee	Athletics Left	Injury Date	23-05-2024
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Pre-**Complete** Phase**Complete** Phase 2 Phase 3 Phase 4  
Op 1

## Patient ACL Rehab

## My Invitations

## My Account

Date



① Prone Hang Test (cm)



① Passive Knee Flexion (Degrees)



① Swelling/Effusion



① Functional Alignment Test



## Single Leg Bridge Test

①

Affected Limb  
Non-affected Limb

Repetitions

Limb Symmetry Index



Hurdle Requirement

## Phase 2: Strength and neuromus control

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## Related Documents

[ACL Guide \(pg. 9-12\)](#)

## Most important goals

- Regain most of your single leg balance
- Regain most of your muscle strength
- Single leg squat with good technique and alignment

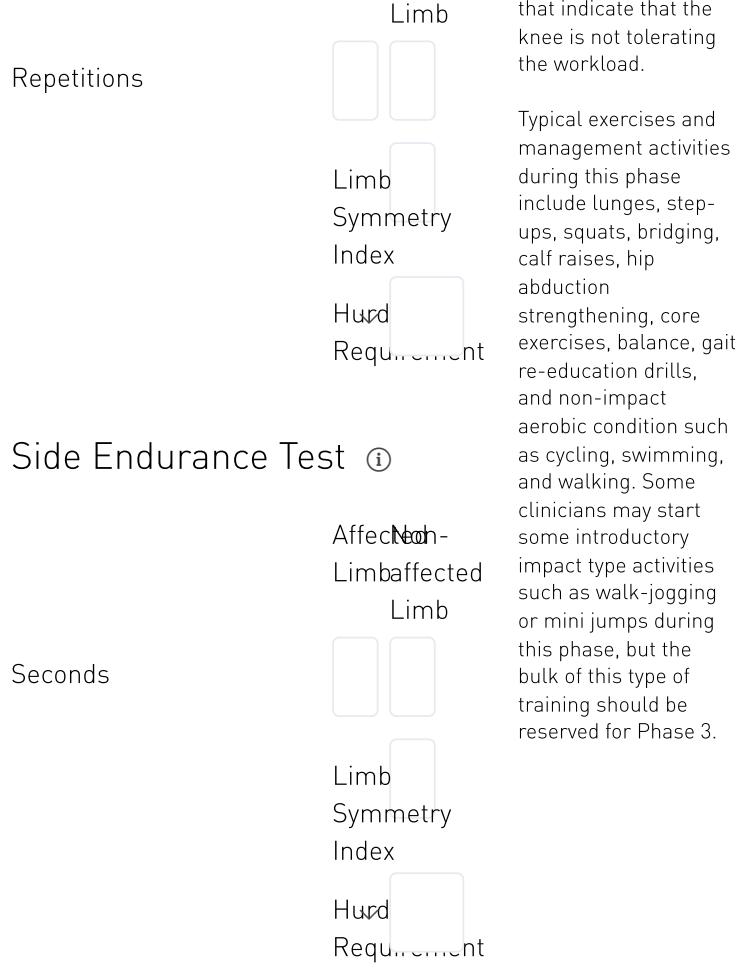
## More Information

Regaining muscle strength, balance, and basic co-ordination are the goals of Phase 2. This phase usually commences with easy body weight type exercises and progresses into a gym-based regime with a mixture of resistance, balance, and co-ordination exercises.

## Single Leg Calf Raises Test

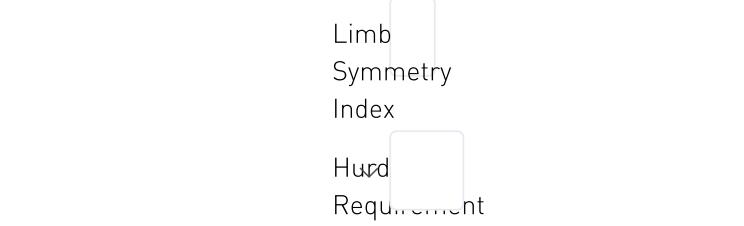
Affected Limb  
Non-affected Limb

It's important for clinicians and patients to 'listen to the knee' during this phase and only progress as quickly as the knee will allow. Increase in pain and/or swelling are the two main symptoms



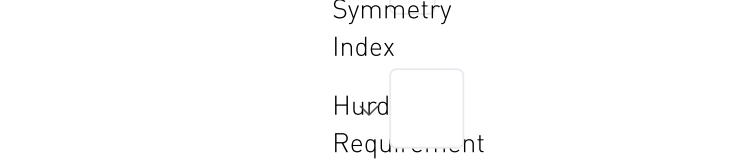
### Side Endurance Test ⓘ

Seconds



### Single Leg Rise Test ⓘ

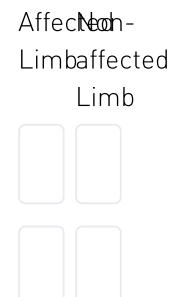
Repetitions



### Unipedal Stance Test ⓘ

Eyes Open (seconds)

Eyes Closed (seconds)



Hurdle Requirement

## Supplementary Goals

Bodyweight<sup>kg</sup>

Bodyweight

Single Leg Press 1RM

 [ⓘ](#)

1RM Percent  
(sled of  
= Bodyweight  
weight)  
Kgs

Affected Limb

Non-affected Limb

 Squat 1RM  [ⓘ](#)

1RM Percent  
Kgs of  
Bodyweight

Squat

 [Cancel](#)[Save](#)