

KNEE

REHAB WORKOUT
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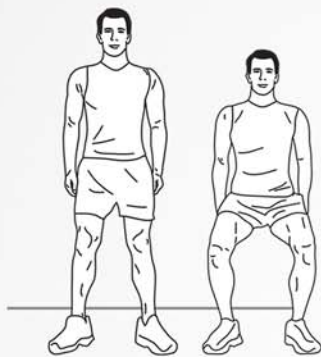
LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

IN COLLABORATION WITH **NHS** choices



10 wall half squats



10 wide single leg squats



30sec cross leg side tilts



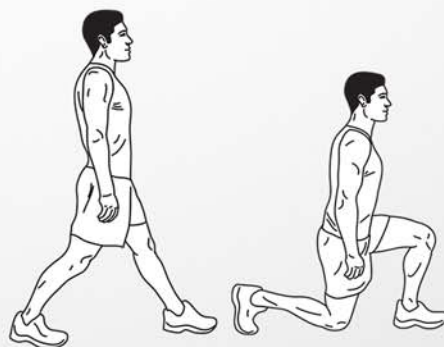
10 leg raises



20 raised leg swings



30sec hamstring stretch



10 split squats