

# YOUR ACL JOURNEY GUIDE: REHAB EXPLAINED

This guide does not replace medical advice.

All rehab journeys should be individualised. Please use this guide with your rehab professional.

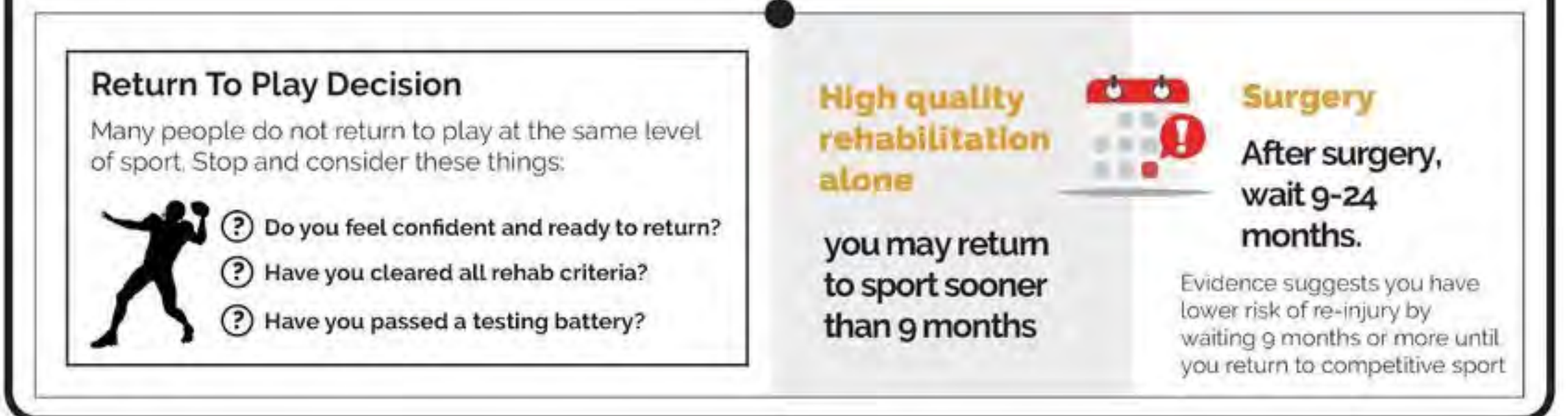
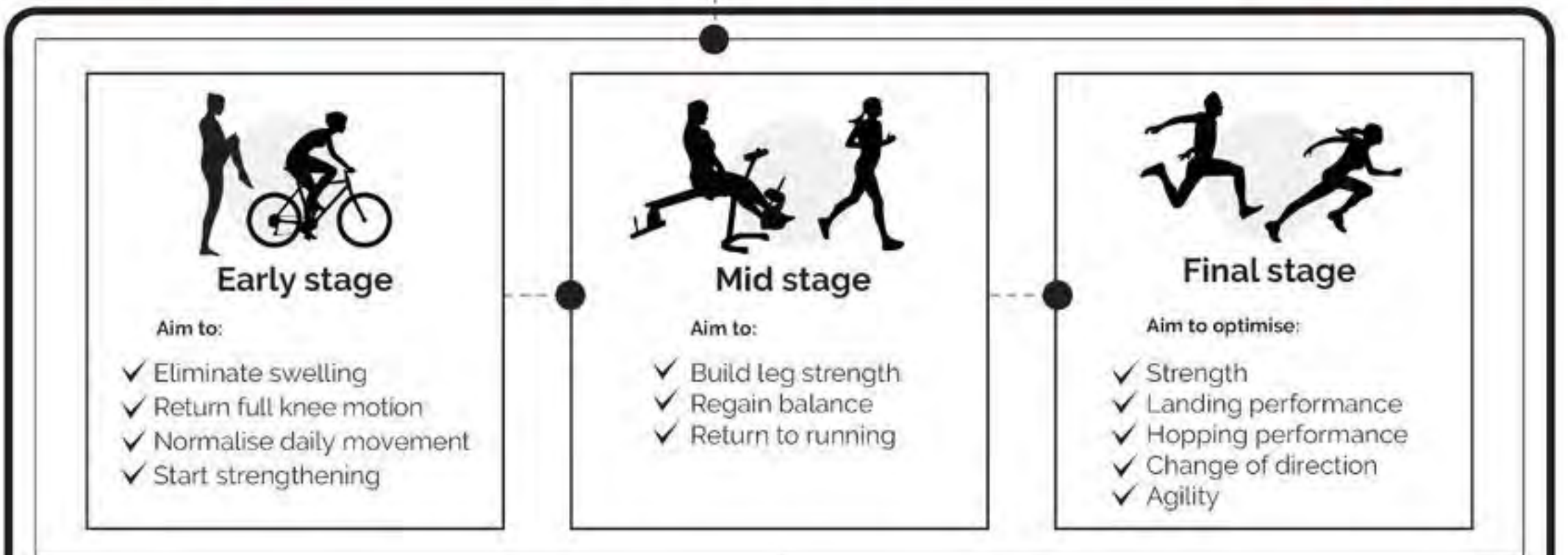


Working hard on your rehabilitation is key to a good outcome, regardless whether you have had surgery or not.



Your rehab program should be:

- ✓ Specific to your needs
- ✓ Criteria driven
- ✓ Variable (take rest days and weeks)
- ✓ Social and enjoyable



Please access the accompanying blog for a full reference list and more information on your ACL journey.

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