








Useful resources for more information and suggestions for late stage knee rehabilitation

1	Early impact and return to running drills	https://youtu.be/icWudJxFyHw	 SCAN ME
2	Progressive impact exercises	https://youtu.be/fNcU18qZ8h8	 SCAN ME
3	Early agility and plyometric exercises	https://youtu.be/6akV7ZAR_gg	 SCAN ME
4	Sport specific training	https://youtu.be/5jdZb03o3v4	 SCAN ME
5	Advanced strengthening and control exercises	Advanced Knee Exercises - YouTube	 SCAN ME