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Elexion/Extension – wall slides Elexion/Ext – seated/calf assisted Patella/Tendon mobilization Extension mobilization (no hyperext) Quad sets Elemstring sets Eleminal knee extension, Straight eg raise (when no quad lag) Ankle pumps Eike with no resistance Progress to Endurance: ROM >125°, Auscular Endurance 3 x 15, 45s rest Lateral band stepping	Que	2						9-14+	15-20+	21-26+	27+
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difference Auscular Strength 3 x 10 120s rest									15-20+		
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