ACL Rehabilitation Journal

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Long-term Rehabilitation Goal	Weekly Rehabilitation Goal	Weeks since surgery

Day	Date	Clinic? Y/N	Ice Time	Guided Imagery	% Rehabilitated	Pain (0-10)	Goal Progress (0-10)	Self-Talk	Comments
Example Day	12/14/09	Y	90 min.	3	45%	2	8	Day by day, my knee is stronger and stronger	Knee felt much better today! Worked hard at rehab. Rewarded myself with a stuffed tiger at the mall.
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									