

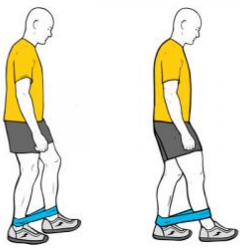
## PROTOCOLO DE FISIOTERAPIA RODILLA (III)

PACIENTE:

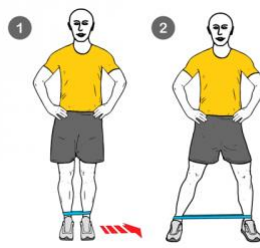
FECHA:

PATOLOGÍA Y OBSERVACIONES:

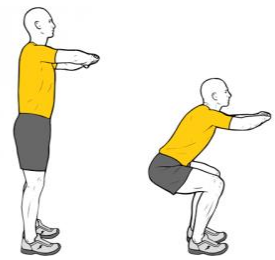
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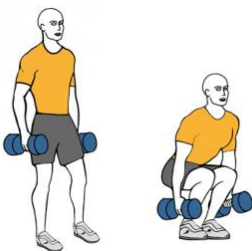
CAMINAR CON BANDA ELÁSTICA



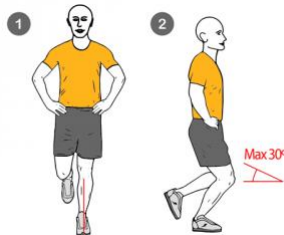
CAMINAR LATERAL CON BANDA ELÁSTICA



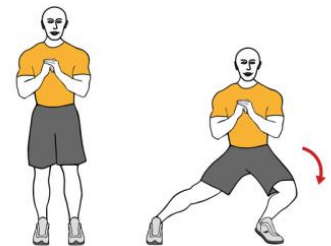
SENTADILLA



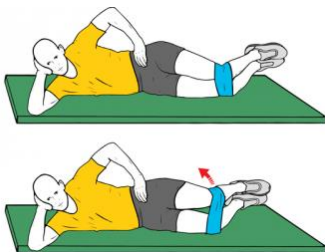
SENTADILLA CON PESAS



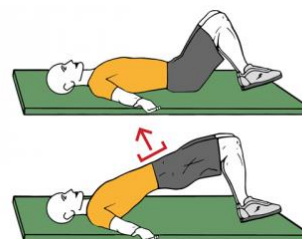
SENTADILLA A UNA PIERNA



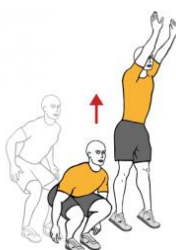
ZANCADA LATERAL



ABDUCCIÓN CON BANDA ELÁSTICA



ELEVACIÓN DE GLUTEOS EN SUELO



SALTO VERTICAL



SALTO A UNA PIERNA