|  |  |  |
| --- | --- | --- |
| Hold 10-15 sec X 3 reps | 3 Reps X 10 sec Twice/day | 3 Reps X 10 sec Each  Twice/ day |
| Ice / hot pack application    8-10 min / 3 times/day | Posture correction . 1 | Hold 5 sec X 10 Reps ES X 3 sets |

Patient Name :

Rehab : Neck (Junior)