|  |  |  |
| --- | --- | --- |
| Hold 10-15 sec X 3 reps | 3 Reps X 10 sec Twice/day | 3 Reps X 10 sec Each  Twice/ day |
| 3sets X 10 reps , hold 3sec.  2times/day | 3X10reps. Hold 3 sec . Twice/day. Tongue against the roof of the mouth | 7 reps X 7sec  Turn the fingers backwards as you feel better |
| 10 ES X 2 Sets. Hold 2 sec | Posture correction . 1 | Ice / hot pack application    8-10 min / 4-5 times/day |

Patient Name :

Rehab : Neck (Senior)

