|  |  |  |
| --- | --- | --- |
| Hold 10-15 sec X 3 reps | 3 X 15 reps Twice/day | 3 sets X 10-15 reps  Twice/ day |
| 3sets X 15 reps 2times/day | 3X12 ES Once/day | 3 sets X 15 Reps (CW & ACW)  Press thru heel of palm 2times/day |
| Hold 10 sec X 10 Reps |  |  |

Patient Name :

Rehab : Shoulder (Junior)