|  |  |  |
| --- | --- | --- |
| Hold 2-3 sec on top  3 X 10-15reps. Twice/day. | Hold 5 sec on top X 15 Reps ES X 3 sets . Twice /day | 1-10Nos X slow 10 Reps X 2-3sets. Twice /day. |
| 3 sets X 10-15 reps ES  Hold 3sec ES |  |  |
|  |  |  |

Patient Name :

Rehab : Glute (Nursery)