|  |  |  |
| --- | --- | --- |
| 3sets X10reps. Hold 3sec ES  2times/day | 3X12 ES hold 3-5 sec | 10-15 reps X 3 sets .  2-3 sec hold |
| Hold 5 sec ES. 3sets X 10-12 Reps ES |  |  |
|  |  |  |

Patient Name :

Rehab : Glute (Junior)