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| Maintain straight spine  3 X 10-15rep ES. Knees bent at 15\*. | 15 Reps ES X 3 sets .  Bent the knee upto 70-90\*  Knee should not go beyond the toes. | 3sets X 10 Reps  Hold for 3-5sec ES |
| 3sets X10reps. Hold 3sec ES 2times/day | | 3 X 10=15 ES Hold 5 sec |
|  |  |  |

Patient Name :

Rehab : Glute (Senior)