|  |  |  |
| --- | --- | --- |
| Hold 2-3 sec on top  3 X 10 1set@ start 2@ end | Hold 10-15 sec X 3 Reps  Twice /day | 3 Reps X 10-15sec  3-4 times/ day |
| Hold 10-15 sec X 3 Reps  Twice /day | Hold 10-15 sec X 3 Reps  Twice /day | Hold 5 sec X 10 Reps X 2sets  Twice a day |
| 3 X 10 ES Twice/day  Hold 5 sec Each side | Image result for nerve stretch for sciatica nerve  Hold 7 sec X 7 reps /twice a day |  |
|  |  |  |

Patient Name :

Rehab : Core (Junior)