|  |  |  |
| --- | --- | --- |
| Hold 2-3 sec on top  3 sets X 10 Reps / 3t/day | Hold 10-15 sec X 3 Reps  Thrice /day | 3 Reps X 10-15sec  3-4 times/ day |
|  |  |  |
|  |  |  |
|  |  |  |

Patient Name : Neha Shetty

Rehab : Lower back stretches