|  |  |  |
| --- | --- | --- |
| Hold 2-3 sec on top  3 X 10 1set@ start 2@ end | 3 X 10 1set@start 2 @ end | 3 Reps X 10-15sec 3-4 times/ day |
| Bent knee foot on the floor. 3sets X8reps ES 2times/day | 3 X 8-12 ES 2 times/day | Maintain straight spine  8-10 ES X 3 sets 2times/day |
| 3 X 10 ES Twice/day | Hold 10-15 sec X 3 Reps  Twice /day |  |
|  |  |  |

Patient Name :

Rehab : Core (Junior)