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| --- | --- | --- |
| Hold 2 sec at the bottom  3 X 10-15reps ES .  3- 4times/week. | 10-12 Reps ES X 3 sets .  3-4 times/week | 10-12 Reps ES X 3 sets .  3-4 times/week. |
| 10-12 Reps ES X 3 sets .  3-4 times/week | Hold 15 sec X 5 Reps ES.  Twice/day | Hold 15 sec X 5 Reps ES.  Twice/day |
| Hold 15 sec X 5 Reps ES.  Twice/day | Hold 15 sec X 5 Reps ES.  Twice/day | Ice / Hot pack application for 12-15 min X 3-5 times/day |

Patient Name :

Rehab : Knee (Super senior)