|  |  |  |
| --- | --- | --- |
| Hold 2-3 sec at the bottom  3 X 10-15reps. Twice/day. | Hold 5 sec on top X 15 Reps ES X 3 sets . Twice /day | 3 sets X slow 10-15 Reps ES  2-3sets. Twice /day. |
| 3 sets X 10-15 reps ES  Hold 3sec ES |  |  |
|  |  |  |

Patient Name :

Rehab : Knee (Junior)