|  |  |  |
| --- | --- | --- |
| Hold 2-3 sec at the bottom  3 X 10-15reps. 4times/week. | 15 Reps X 3 sets . 4times/week | 3 sets X 8-10 Reps ES  4times/week. |
| Hold 15sec X 3-5 Reps.  2times/day | Hold 15sec X 3-5 Reps.  2times/day | Hold 15sec X 3-5 Reps.  2times/day |
| Hold 15sec X 3-5 Reps.  2times/day |  | Ice /Hot pack applications  10-15 min X 3-5 times/day |

Patient Name :

Rehab : Knee (Senior)