|  |  |  |
| --- | --- | --- |
| Hold 10-15 sec X 3 reps.  3- 4times/day. |  | 10-12 Reps ES X 3 sets .  2 times/ day. |
| 10-12 Reps ES X 3 sets .  3-4 times/week | |  |

Patient Name :

Rehab : Ankle (Nursery)