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| --- | --- | --- | --- |
| Hold 10-15 sec X 3 reps.  3- 4times/day. | | Turn 10-12 Reps ES X 3 sets .  2 times / day | 10-12 Reps ES X 3 sets .  2 times/ day. |
| 25steps ES X 3 sets .  2 times/day |  | |  |

Patient Name :

Rehab : Ankle ( Junior )