|  |  |  |  |
| --- | --- | --- | --- |
| Hold 10-15 sec X 3 reps.  3- 4times/day. | | Jump on & off  10-12 Reps X 3 sets .  2 times / day | 10-12 Reps ES X 3 sets .  2 times/ day. |
|  |  | |  |

Patient Name :

Rehab : Ankle (Nursery)