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| --- | --- | --- | --- |
| Hold 10-15 sec X 3 reps.  3- 4times/day. | | Jump on & off in a “+” mark  5 “+” s X 5 sets .  2 times / day | Side Jump  10-12 Reps ES X 3 sets .  2 times/ day. |
| Sin leg hop 15 steps X 3 sets | Side jump 10 ES X 5 sets | |  |

Patient Name :

Rehab : Ankle (Super senior)