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| --- | --- | --- | --- |
| Hold 10-15 sec X 3 reps.  3- 4times/day. | | Hold 10-15 sec X 3 reps.  3- 4times/day. | 10-15 Rep X 3 sets .  Hold 5 sec 2 times/ day. |
| 10 - 15 Reps X 3 sets  Hold 5 sec on top | 10 15 Reps X 3 sets  Hold 5 sec | | Icing for 12-15min  3-4times/day |

Patient Name :

Rehab : Plantar fasciitis (Junior)