|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 | |  | |
| Curl in the whole length of towel X 10 Reps X 2-3 sets | | | | Icing for 12-15min  3-4times/day |

Patient Name :

Rehab : Plantar fasciitis (Senior)