

Clinic: **asf**

Treating Doctor: **Siddharth**

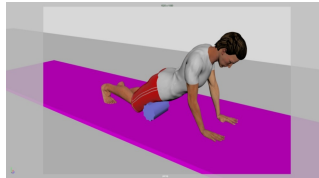
Patient Name: **AkhilGovind**

Patient ID: **P.AkhGov10353**

From: **21-12-2022 -- 22-12-2022**

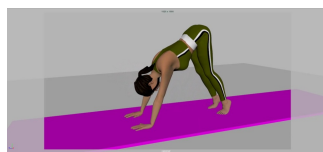
Time Slots: **10:00 am 01:00 pm 04:00 pm**

## 1 Rectus Femoris Release



Sets | 1 | Reps | 10

## 2 Push Ups



Sets | 1 | Reps | 10

- Get down on all fours
- placing your hands slightly wider than your shoulders
- Lower your body until your chest nearly touches the floor

## 3 Backward Lunges



Reps | 10

Sets | 1

- Stand with your feet hip-width apart
- keep your back straight
- your shoulders back
- and your abs tight than Take a step forward and slowly bend both knees
- until your back knee is just above the floor