



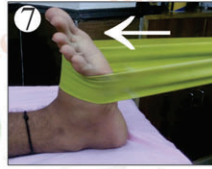
PAIN FREE PHYSIOTHERAPY CLINIC

31A, DDA Flats, Pkt - 2 Behind Sec - 6 Market, Dwarka New Delhi

Exercise Sheet



ROM Exercise (Rep..... Set



Resisted Exercise (Rep..... Set



Alfredson's Protocol (Rep..... Set



Toe curl (Rep.....)



Calf Stretch (Rep..... Hold



Proprioception & Balance Ex



Hamstring Stretch Adductor Stretch Iliopsoas Stretch



IT Band/ TFL Stretch Rectus Femoris Stretch Piriformis Stretch



Plantar fasciitis stretch (Rep..... Hold



Calf Stretch