



PAIN FREE PHYSIOTHERAPY CLINIC

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

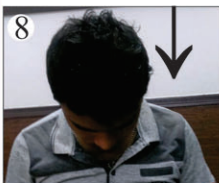
Exercise Sheet



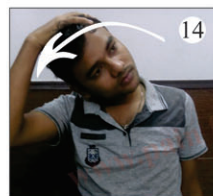
Isometric Exercise



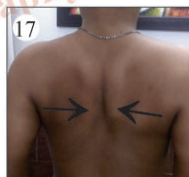
Chin Tuck



Suboccipital stretch



Neck Stretches



Shoulder bracing



Pectoral stretch