

## PAIN FREE PHYSIOTHERAPY CLINIC

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

## ANTERIOR SHOULDER STRETCH



Anterior shoulder stretch- and posterior stress release exercise- To release stress in neck, upper back and lower back- squeeze the muscles behind the neck, upper back and lower back while taking the complete truck backwards with hands placed on pelvis as shown in pic. This helps relief stress in back and neck muscles while working on computer and ladies during daily chores and at the same time stretches the anterior structures.

Hold ....../ rep .....pain free phy