

PAIN FREE PHYSIOTHERAPY CLINIC

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

COMPLETE ARM STRETCH





Complete arm stretch - This two pics shows person performing complete shoulder, arm and hand stretches in one go. This also stretches the nerves that runs down our hands. Helpful in computer users www.pain free physiotheraphy.com and ladies during household chores.

Hold/ rep