

## PAIN FREE PHYSIOTHERAPY CLINIC

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

## LEVATOR SCAPULAE STRETCH



**Levator scapulae stretch**- grasp the chair base with one hand. Rotate the head 45 degrees opposite to the side to be stretched. Place the other hand at the back of head as shown in pic and pull it diagonally towards the sides to feel the stretch

Hold ....../ rep ...... free physiotheral