

PAIN FREE PHYSIOTHERAPY CLINIC

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



SCM (sternocleidomastoid) stretch- with head rotated 45 degrees to the side to be stretched, place the opposite hand on the forehead and pull the head backwards diagonally as shown in the pic. Grasp the www.pain free physiotheraphy.com chair with same side hand to prevent shoulder elevation.

Hold/ rep