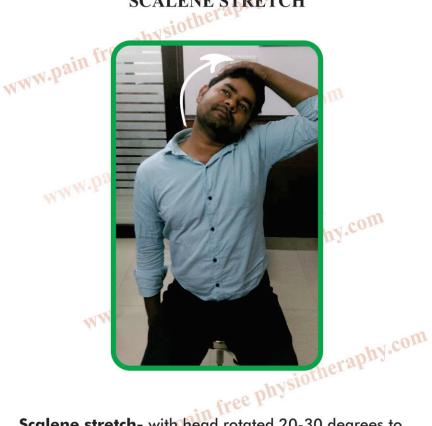


PAIN FREE PHYSIOTHERAPY CLINIC

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

SCALENE STRETCH



Scalene stretch- with head rotated 20-30 degrees to the opposite side of scalene to be stretched, place the hand at the sides and pull the head backwards diagonally to feel the stretch. Hold the chair base with opposite hand to prevent the shoulder elevation.

Hold/ rep free physiotheral