

PAIN FREE PHYSIOTHERAPY CLINIC

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

SUBOCCIPITAL MUSCLE STRETCH



Suboccipital muscle stretch- This is to stretch the muscles at the back of the neck. While maintaining Tuck in position with one hand place the other hand at the back of the head and slowly pull the head downwards as shown in the pic to feel the stretch at the back of the neck.

Hold/ rep free ph