

## Patient Education - Stretches to Relieve Muscle Pain

[www.JeffreyPengMD.com](http://www.JeffreyPengMD.com) | [youtube.com/c/JeffreyPengMD](https://youtube.com/c/JeffreyPengMD)

<p>Neck &amp; Upper Back Stretches: <a href="https://youtu.be/IOukY_GzDFc">https://youtu.be/IOukY_GzDFc</a></p> 	<p>Shoulder Stretches: <a href="https://youtu.be/IXf8N9tb88c">https://youtu.be/IXf8N9tb88c</a></p> 	<p>Hip Stretches: <a href="https://youtu.be/tKGu3ma6SLs">https://youtu.be/tKGu3ma6SLs</a></p> 
<p>Knee Stretches: <a href="https://youtu.be/YFVCPeTz-0U">https://youtu.be/YFVCPeTz-0U</a></p> 	<p>Elbow Stretches: <a href="https://youtu.be/C5yr4HNfQ-8">https://youtu.be/C5yr4HNfQ-8</a></p> 	<p>Low Back Stretches: <a href="https://youtu.be/gjeBUnlHI3c">https://youtu.be/gjeBUnlHI3c</a></p> 