

Patient Education - Stretches to Relieve Muscle Pain

www.JeffreyPengMD.com | youtube.com/c/JeffreyPengMD

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