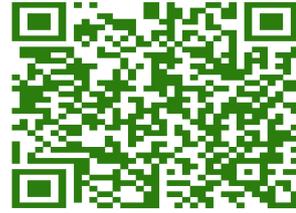




ورزش های دیسک گردن



Chin tuck



Isometric neck flexion



Scalene stretch



Isometric neck extension



Isometric neck side bend



Head lift with neck side bend