

**“EFFECTIVENESS OF KENDALL EXERCISES VERSUS  
PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION  
STRETCHING EXERCISE ON MECHANICAL NECK PAIN IN  
MIDDLE AGE PEOPLE – A EXPERIMENTAL STUDY”**

Submitted by

**RATHOD DIMPAL RAMESHBHAI**

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**DR. ADVITA NEVILLE DEEPAK (PT)**



**FACULTY OF PHYSIOTHERAPY**

**PARUL UNIVERSITY, VADODARA – 391760**

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