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ISSN: 2456-4184

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EFFECTIVENESS OF MUSCLE ENERGY TECHNIQUES AND STRETCHING EXERCISES ON PAIN AND RANGE OF MOTION OF HIP JOINT IN INDIVIDUALS WITH BACK POCKET WALLET SYNDROME - A LITERATURE

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2456 450 lished In IJNRD ( www.ijnrd.org ) ISSN Approved & 8.76 Impact Fact

Registration ID Plished in Volume 8 Ispan Hung 1882 206 58 Publication: 2023-06 Editor-In Chief INTERNATIONAL COURMES OF PROMES RESERVED KROWN MENT | IJNRD

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Website: www.ijnrd.org | Email: editor@ijnrd.org | ESTD: 2016

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In recognition of the publication of the paper entitled

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