

Intervention: For 6 weeks both groups will receive manual therapy 12 sessions, each lasting 45 minutes, twice a week at musculoskeletal unit of Department of Physiotherapy and Rehabilitation, Jashore University of Science and Technology.

Baseline Assessment at Musculoskeletal Lab setting	Duration: Two sessions per week; 45 mins per session; Total 12 session in 1.5 months					Post Test Assessment after completing 6 weeks interventions
Group	Experimental Group					
	Week-1	Week-2	Week-3	Week-4	Week-5	Week-6
	Interventions					
Outcome Measures	<p>Warmup:</p> <ol style="list-style-type: none"> Breathing control + Deep breathing + Breathing control Stretching Upper limb, Lower limb, Spine 		<p>Main Interventions:</p> <ol style="list-style-type: none"> Function Induced Neural Stretching in both lower limb <ul style="list-style-type: none"> Sciatic nerve stretching - 10 rep × 2 set Femoral nerve stretching - 10 rep × 2 set Tibial nerve stretching - 10 rep × 2 set Distalo-Proximal Release Technique in both lower limb in regarding source 		<p>Cool down:</p> <ol style="list-style-type: none"> Breathing control Relaxation Techniques 	
Group	Control Group					
Outcome Measures	Warmup		<p>Main Interventions:</p> <p>Conventional physiotherapy as electrotherapy modalities and usual exercise</p>		Cool down	