Informed consent will be taken from all patients before study.All the individuals enrolled in study will be assessed in physiotherapy OPD . Those who will fulfill the inclusion criteria will be randomly divided into 2 groups by lottery method. Patient will be thoroughly examined on day 1 (baseline level) and after 8 weeks ( post intervention). Name, Age, Occupation and post-delivery duration were the demographic data. The clinical data consist of diagnosis, on set of pain, character of pain, nature of pain, aggravating factors, reliving factors and any ongoing treatment. The pain will be assessed on NPRS, Flexion and Extension Ranges will be measured by Goniometer, core muscle strength by CSA scale and the functional status will be assessed on ODI. In both groups exercises will be performed, after applying hot pack. Patients will be advised to come 3 days a week for 2 months. Assessment will be done on base line and then post intervention i.e after 2 months.