(.htaccess to remove extensions Place it at root folder)

RewriteEngine On
RewriteBase /

- # To externally redirect /dir/foo.php to /dir/foo
 RewriteCond %{THE_REQUEST} \s/+(.+?)\.php[\s?] [NC]
 RewriteRule ^ %1 [R=302,NE,L]
- # To internally forward /dir/file to /dir/file.php
 RewriteCond %{REQUEST_FILENAME} !-d
 RewriteCond %{DOCUMENT_ROOT}/\$1\.php -f [NC]
 RewriteRule ^(.+?)/?\$ \$1.php [L]