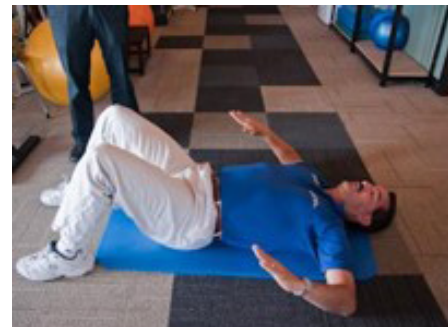


Shoulder 1



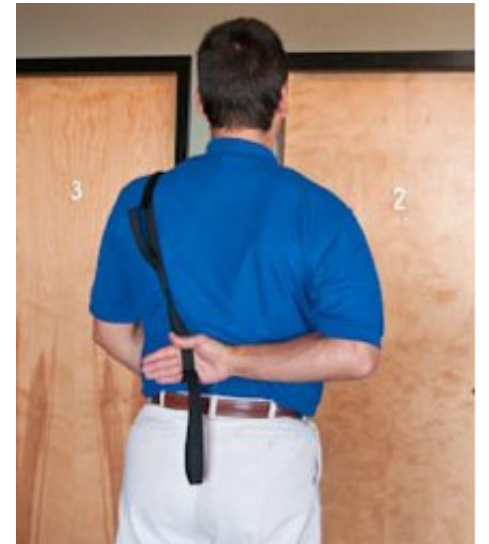
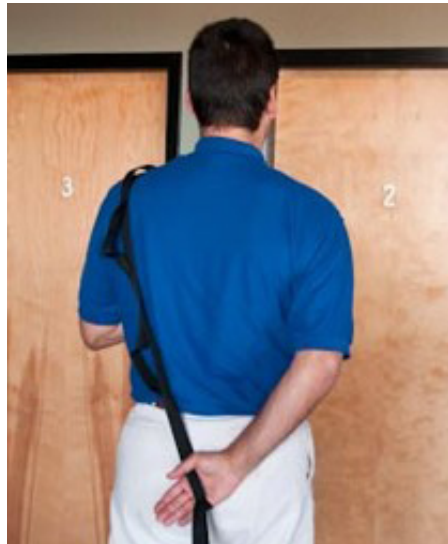
Stretch Shoulder rotation stretch at 90 degrees elevation 1/3 (you may support above elbows with a towel roll if shoulders tight)

2/3

3/3



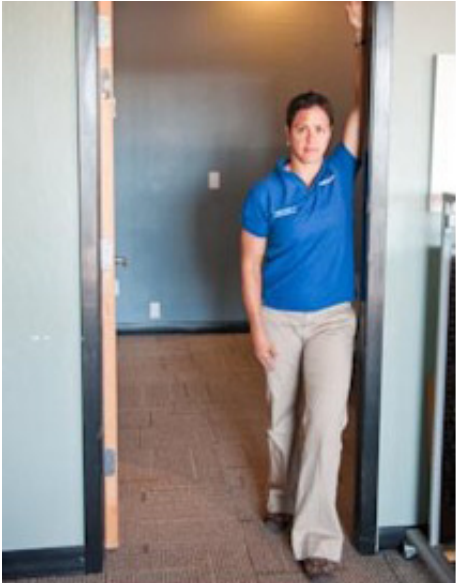
Stretch shoulder external rotation at 0 degrees elevation (elbow stays in contact with your body)



Stretch Shoulder hand behind back

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.

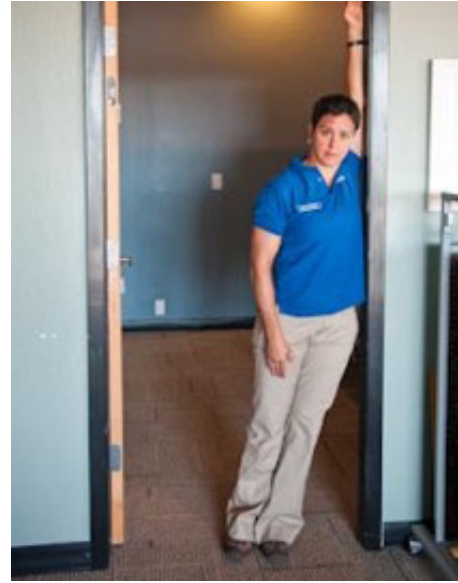
Shoulder 2



Stretch shoulder flexion in doorway (abdominals tight to resist back bending)



Stretch shoulder scaption (assists abduction)



Stretch shoulder abduction



Stretch shoulder (left) horizontal adduction (using a stick to assist and traction)

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