



Shoulder More Exercises

wand-exercises



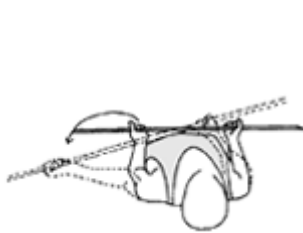
A



B



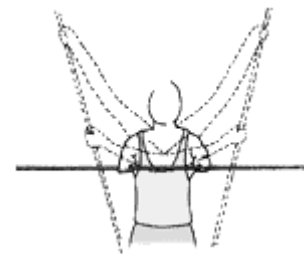
C



D



E



F



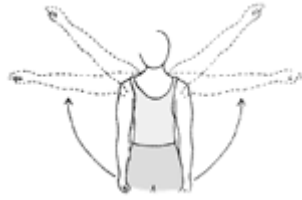
Shoulder-Extension



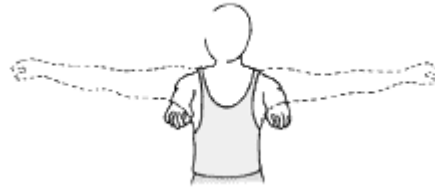
Shoulder-Flexion1



Scapular-Range-Of-Motion



Shoulder Adduction And
Abduction



Horizontal Abduction
And Adduction