



## Sma Froz Shoulder Exercises



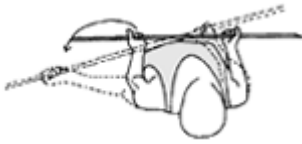
Shoulder-Fexion



Shoulder-Extension



Shoulder-Abduction



External-Rotation



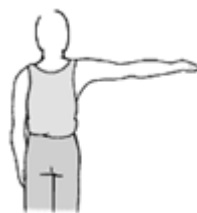
Internal-Rotation



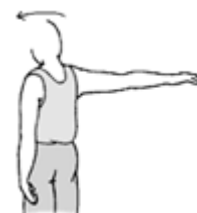
Scapular-Range-Of-Motion



Pectoralis-Stretch



Biceps-Stretch



Biceps-Stretch