

SHOULDER ISOMETRICS



FLEXION



**INTERNAL
ROTATION**



ABDUCTION

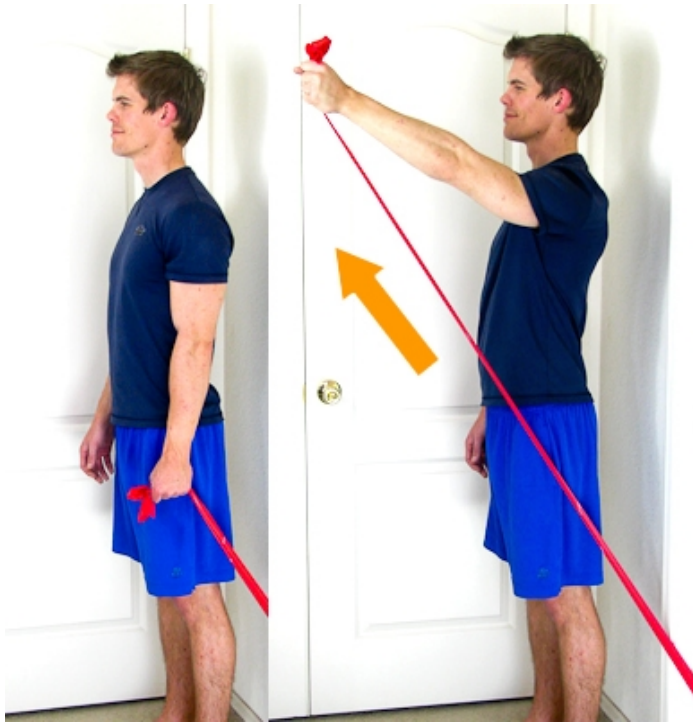


EXTENSION



**EXTERNAL
ROTATION**

RESISTANCE EXERCISES



FLEXION



ABDUCTION

RESISTANCE EXERCISES



**INTERNAL
ROTATION**



**EXTERNAL
ROTATION**

MOTION



STRETCHES



POSTURE



POSTURAL EXERCISES

