

# Exercises for your Shoulders

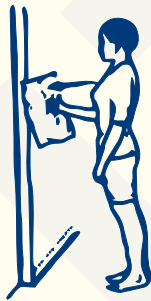
Isometric Shoulder  
External Rotation



Isometric Shoulder  
Internal Rotation



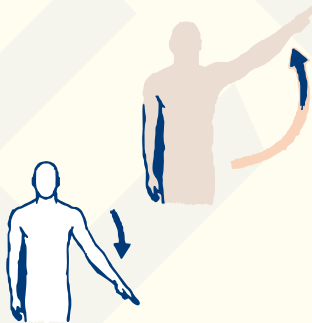
Isometric Shoulder  
Flexion



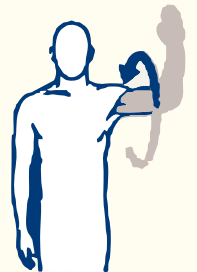
Isometric Shoulder  
Extension



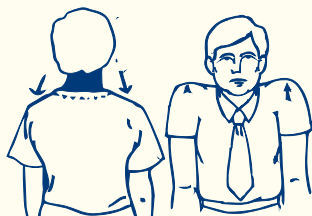
Abduction  
Adduction



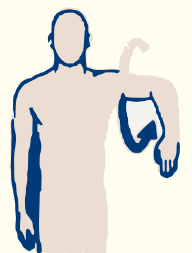
External Rotation

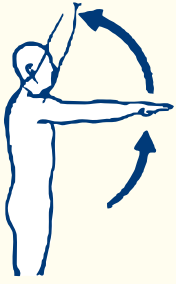


Scapular  
Active Range  
of Motion



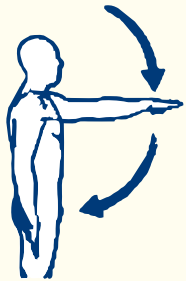
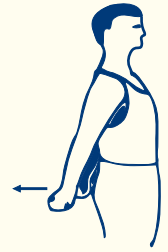
Internal Rotation





Flexion

Wand Extension Exercise



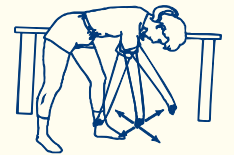
Extension

Circumduction



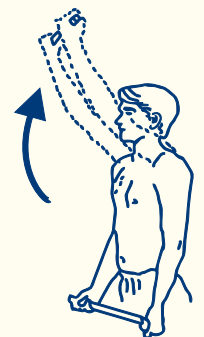
Horizontal Abduction

Pendulum Exercises






Horizontal Adduction

Scaption



Physiotherapy Helpline: 82830-46677 / 82880-36677  
Email: info@eliteorthoindia.com  
or contact Elite Arthritis Helpline: 99140-46677 / 84277-46677

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