

Exercises for your Shoulders

Isometric Shoulder
External Rotation



Isometric Shoulder
Internal Rotation



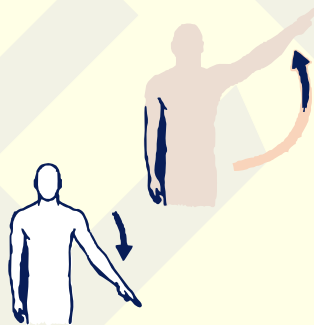
Isometric Shoulder
Flexion



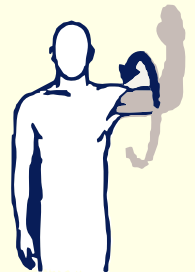
Isometric Shoulder
Extension



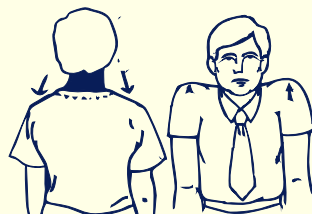
Abduction
Adduction



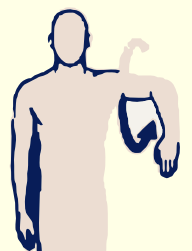
External Rotation

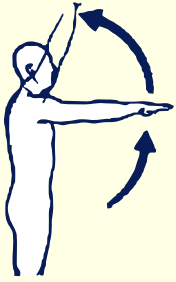


Scapular
Active Range
of Motion



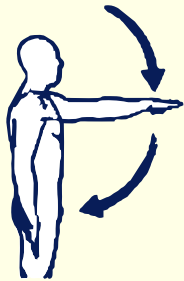
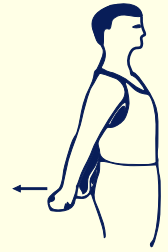
Internal Rotation





Flexion

Wand Extension Exercise



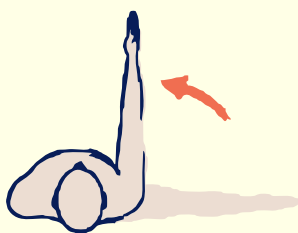
Extension

Circumduction



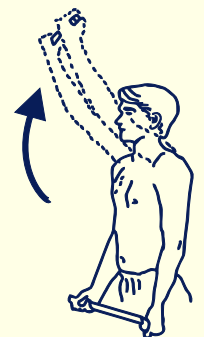
Horizontal Abduction

Pendulum Exercises





Horizontal Adduction

Scaption



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