

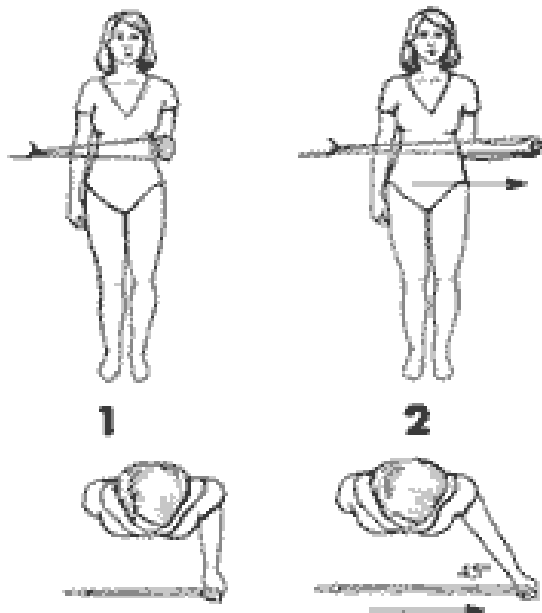


DO THIS STRETCH AT THE BEGINNING AND END OF YOUR EXERCISES

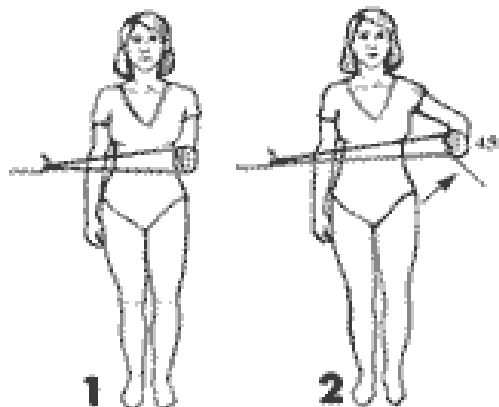
HOLD EACH POSITION BELOW FOR 10 SECS / REPEAT EACH EXERCISE 10 TIMES

LIMIT YOUR ARC OF MOVEMENT TO 45 DEGREES

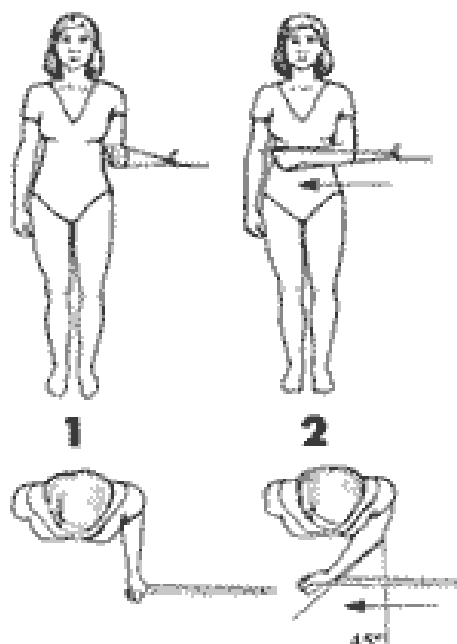
External Rotation



Abduction



Internal Rotation



Extension

