**Shoulder rehabilitation post immobilisation**

1. Pendulum exercises

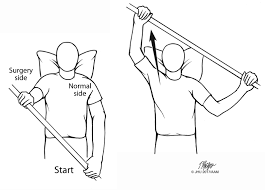


1. Climbing the wall exercises

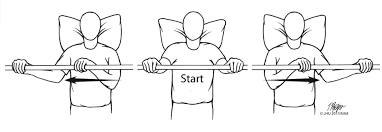
A picture containing linedrawing

Description automatically generated

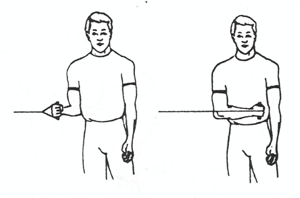
1. Assisted elevation exercises



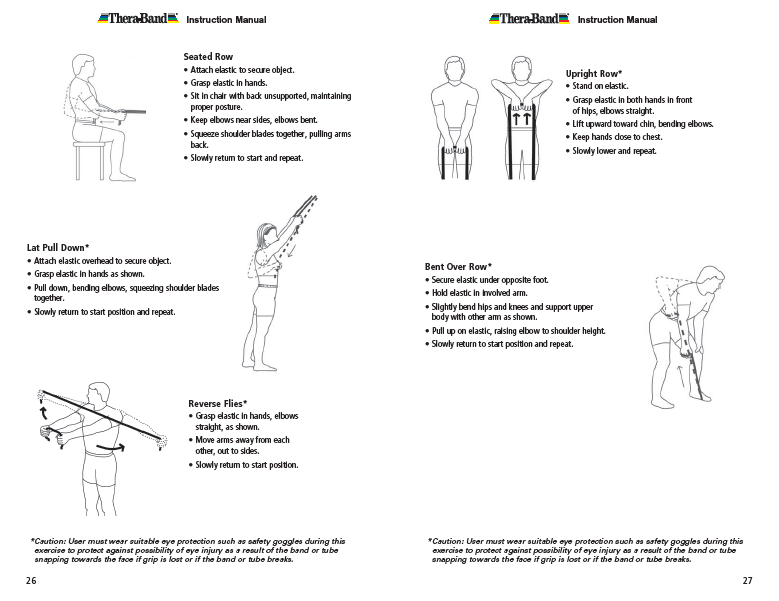
1. Assisted rotation exercises



1. Theraband stretches



1. Theraband strengthening



1. Toweling the back exercises

