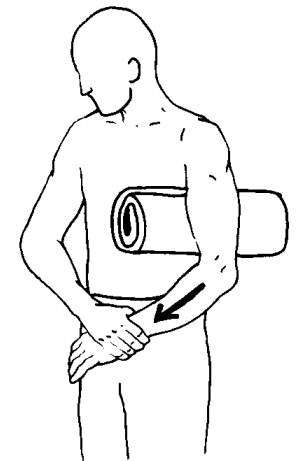
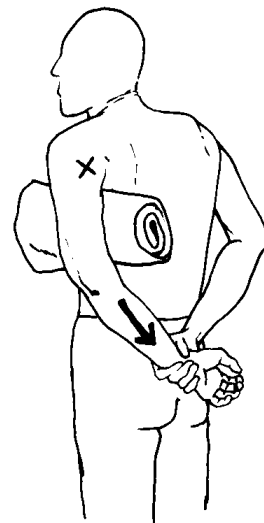
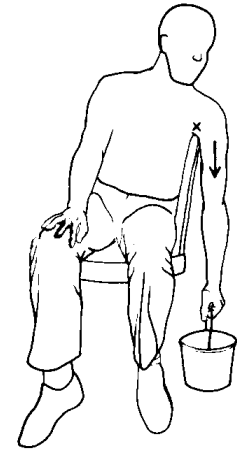
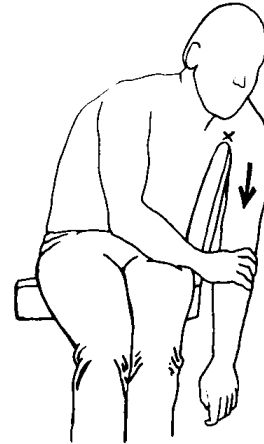


Physical Therapy Department

Shoulder Mobilization Exercises



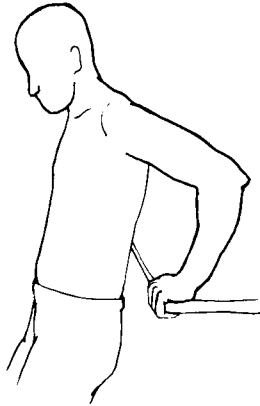
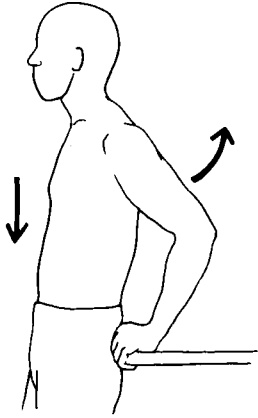
Long Axis Extension



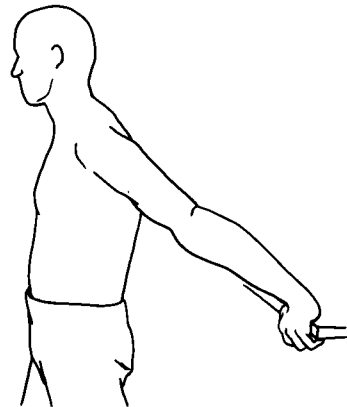
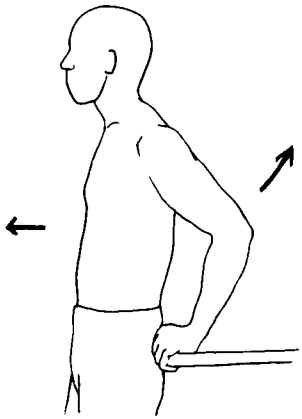
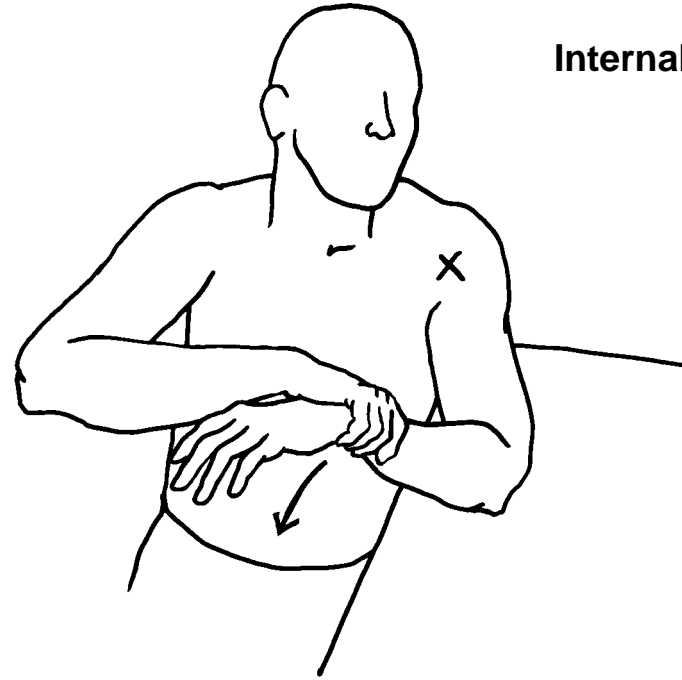
Distraction Dorsally

Distraction Ventrally

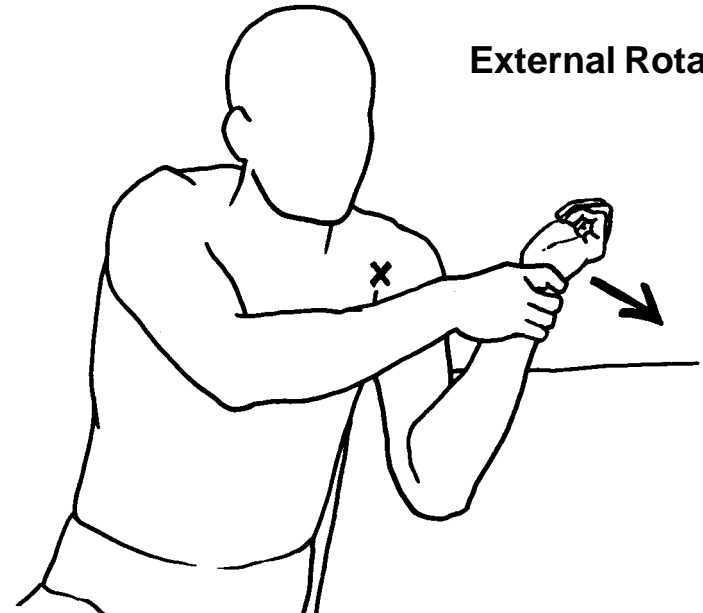
Extension



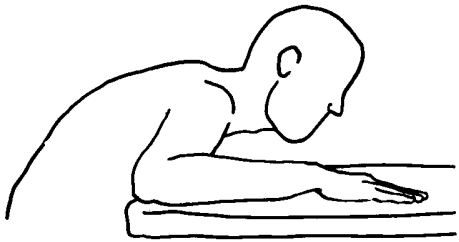
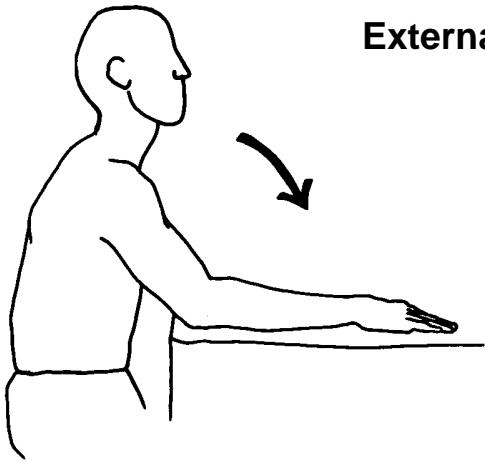
Internal Rotation



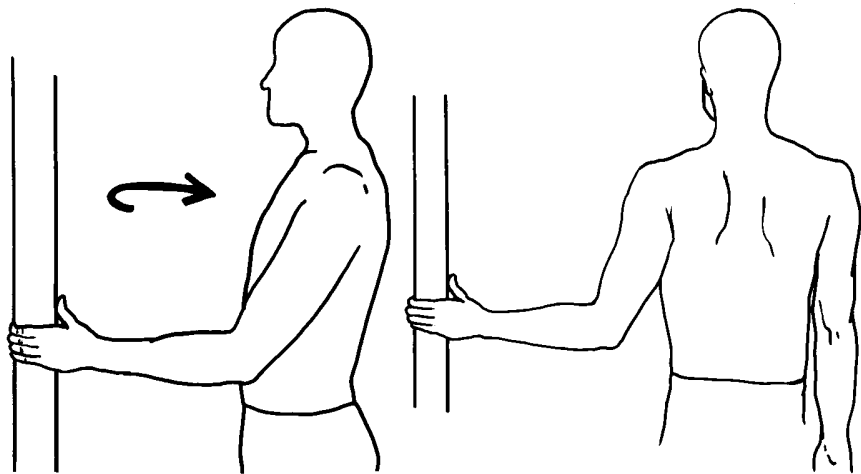
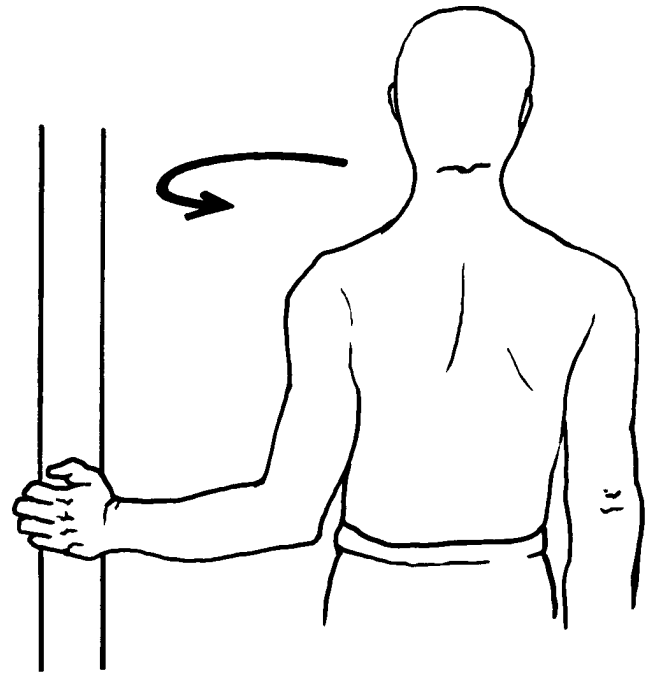
External Rotation



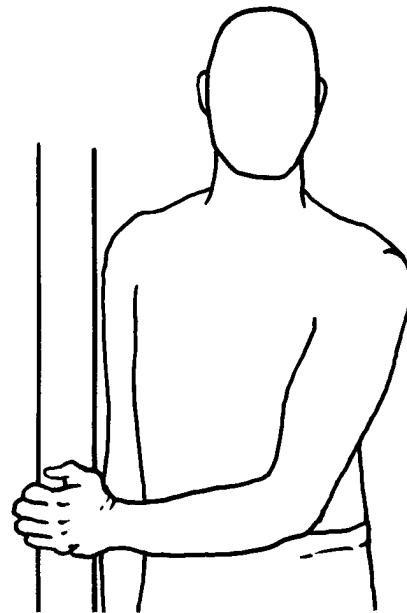
External Rotation



Internal Rotation

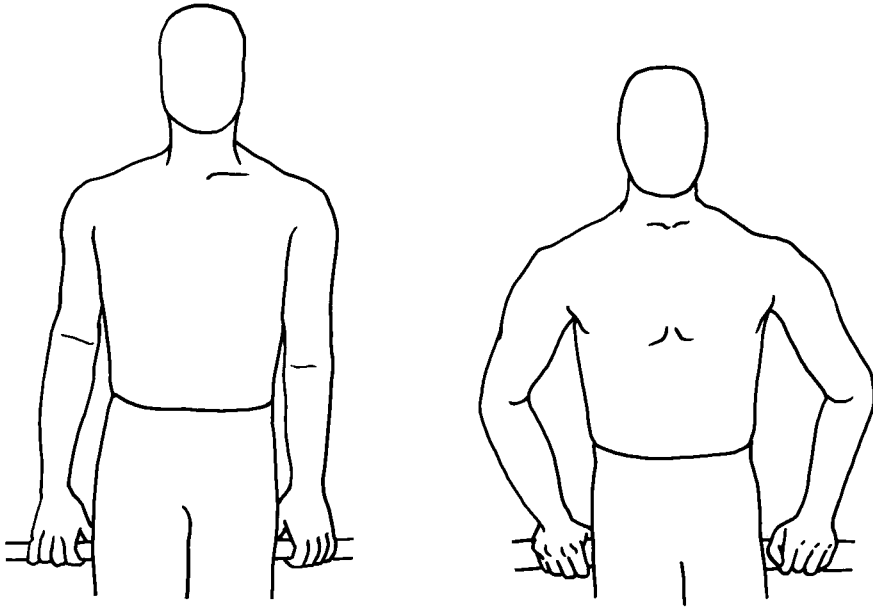


5

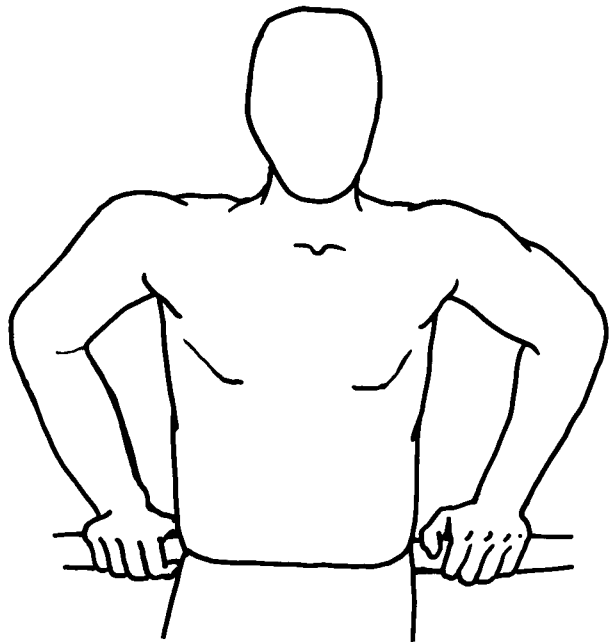
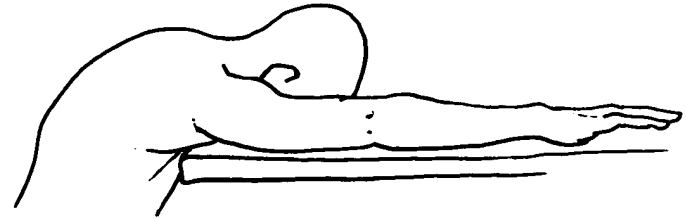
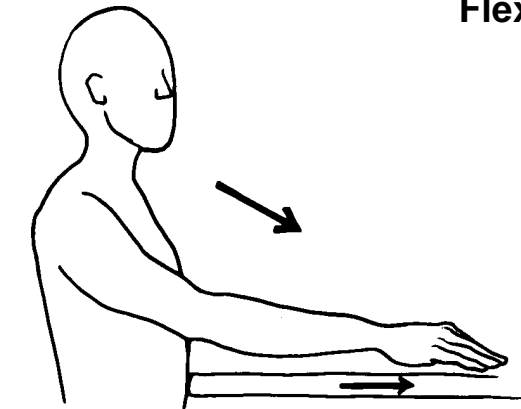


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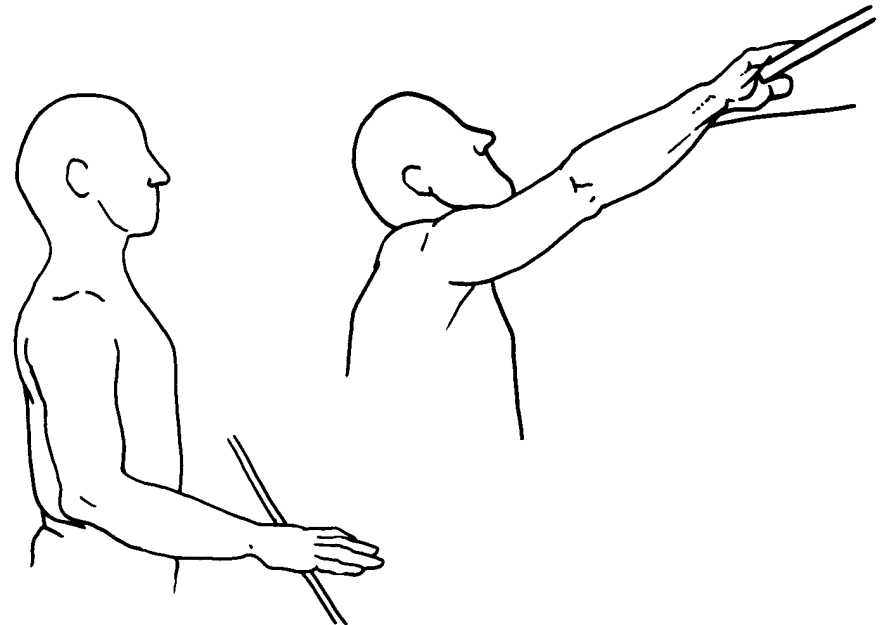
Internal Rotation



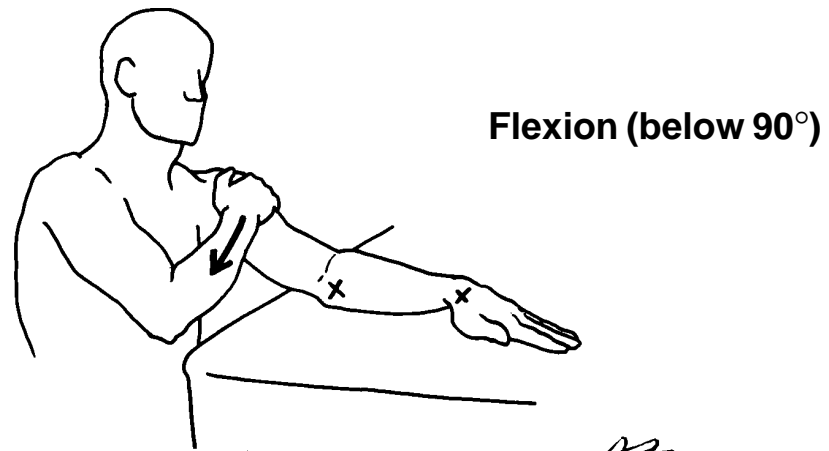
Flexion



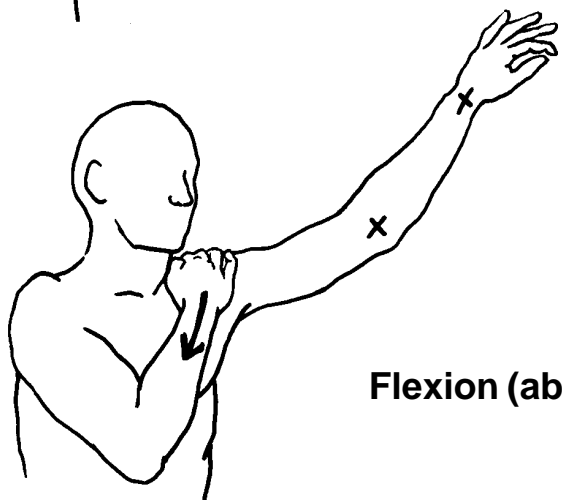
7



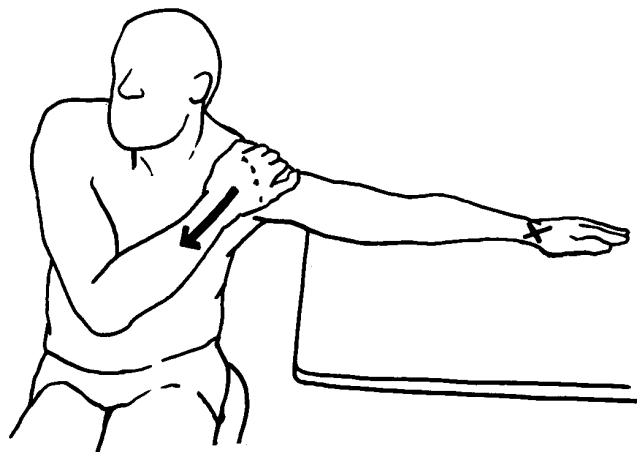
8



Flexion (below 90°)

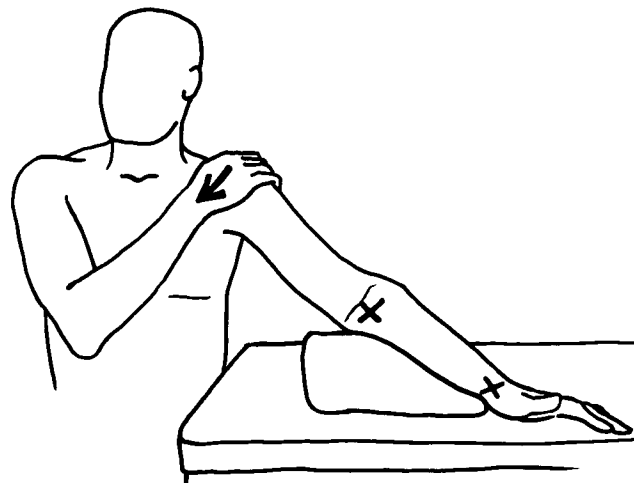


Flexion (above 90°)

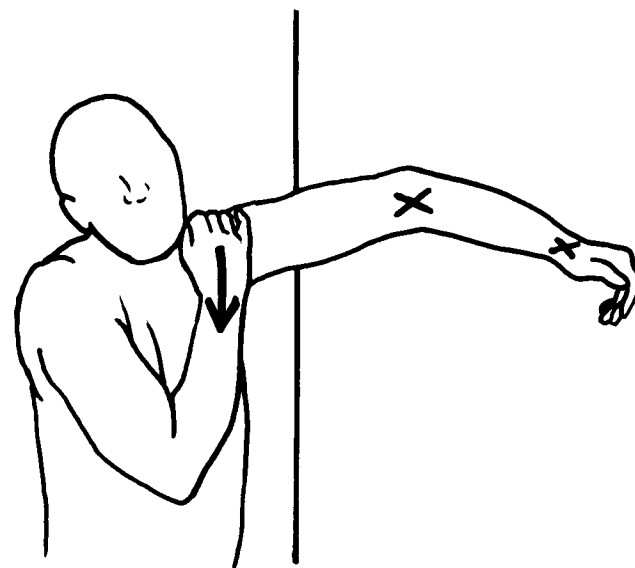


Extension

Abduction (below 90°)



Abduction (above 90°)



Abduction

