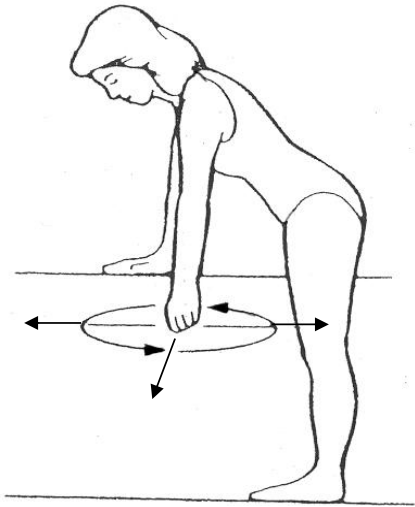
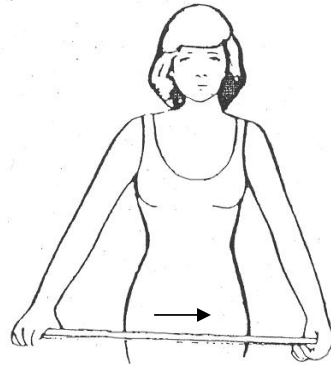


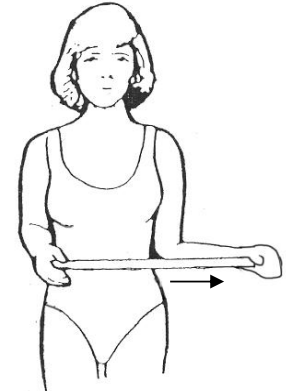
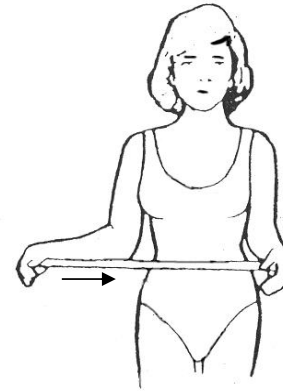
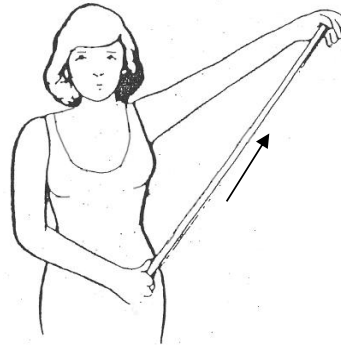
Stick Exercises



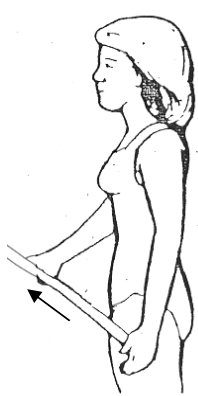
Pendulum Exercises



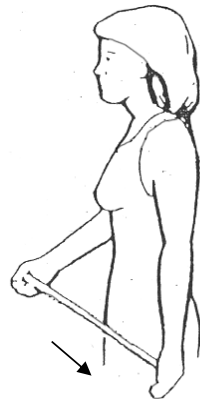
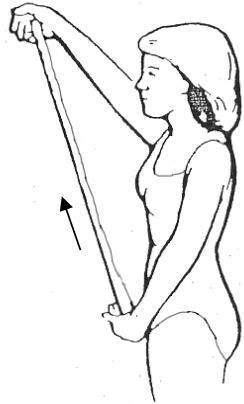
Abduction



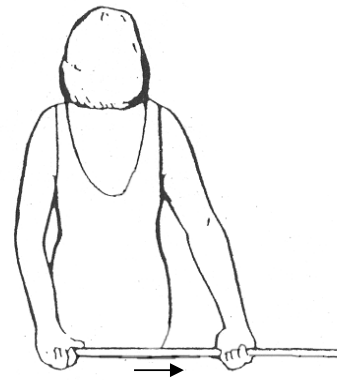
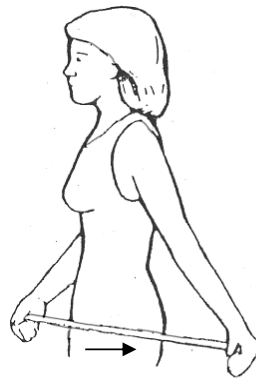
External Rotation



Flexion



Extension



Internal Rotation

