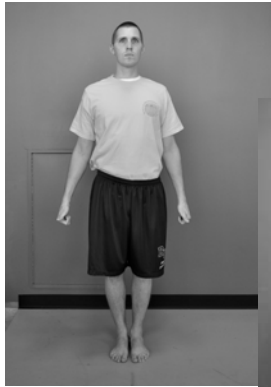


Shoulder Maintenance Program (page 1)



Forward Flexion



Scaption



Side lying External Rotation



Side lying Internal Rotation



Ball on the Wall Proprioception Progression



Sleeper Stretch



Cross Body Stretch



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Shoulder Maintenance Program (page 2)

“Y” on Swiss Ball



“T” on Swiss Ball



“A” on Swiss Ball



“W” on Swiss Ball



“L” on Swiss Ball



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