

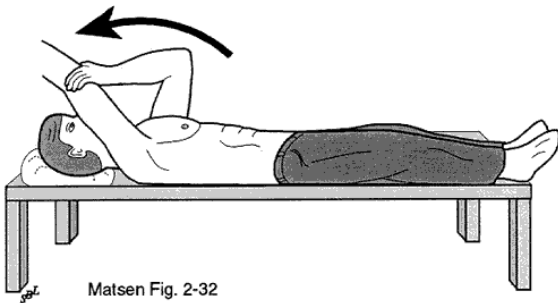
Mobiliserende oefeningen voor de schouder



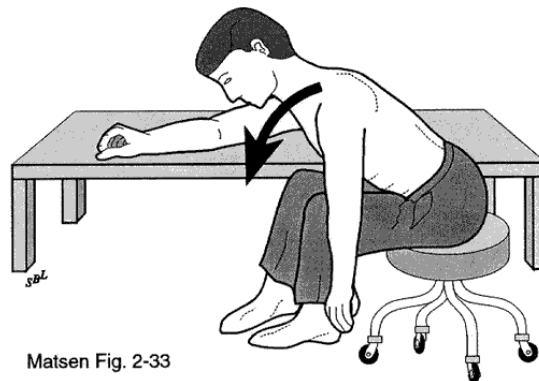
evt met gewicht in hand



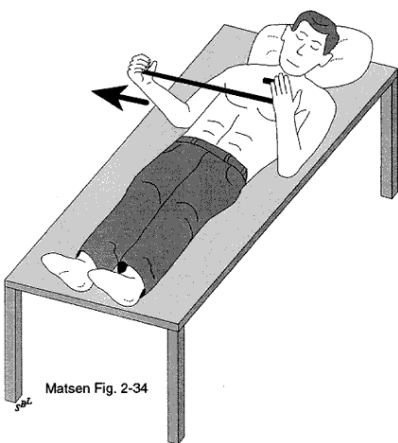
oefeningen mogen geen pijn doen, wel rekkend gevoel



Matsen Fig. 2-32



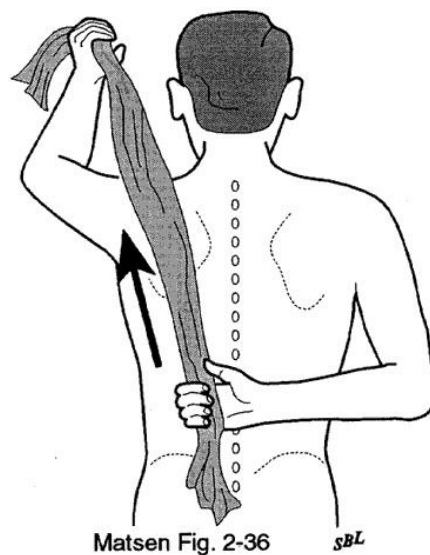
Matsen Fig. 2-33



Matsen Fig. 2-34



Matsen Fig. 2-35



Matsen Fig. 2-36

SBL

Figure 4: © 2000. Terry Boles



FIGURE 4. Pulleys. This exercise requires some special equipment but is probably the easiest to do and allows for the least active assistance with the affected shoulder. Sit under a simple overhead pulley system and use the healthy arm to lift the affected shoulder into a flexed position (overhead). A door frame or support beam works very well as an anchor for the pulleys. Movement should be slow and controlled throughout. Hold the end position for 1 to 3 seconds before returning to the starting point. Repeat the exercise for 2 to 5 minutes.

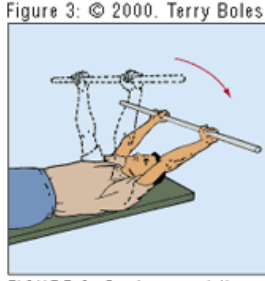


FIGURE 3. Supine wand flexes. Begin by lying on your back holding a broomstick in both hands with an overhand grip and the arms above the chest (dotted figure). Move the broomstick with elbows fully extended until your arms are overhead. The affected shoulder is fully relaxed while the other arm guides the broomstick back overhead to the point of tolerable discomfort. Hold your arms overhead for 2 to 5 seconds before returning to the starting position.



SHOULDER FLEXION



SHOULDER ABDUCTION



SHOULDER EXTENSION



INTERNAL ROTATION

loop met de vingers over de muur omhoog

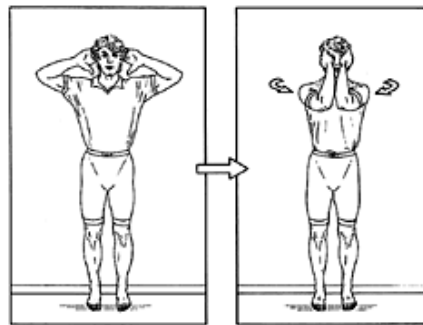


Figure 5: Pete Egoscue's elbow curls will aid in scapular movement across the rib cage.



Walk up wall stretch Face a wall about three quarters of an arm length away from it. Using only your fingers (not your shoulder muscles), raise your arm up to shoulder level. Perform sets of 10 to 20 exercises at each session. Courtesy of Bruce C Anderson, MD.

rekken van het achterste schouderkapsel



rekken voorste kapsel in exo/abd



probeer heupen naar voren te bewegen



handen tegen de muur dan romp omlaag

in diverse hoeken rustig aan de arm hangen



handen in de zij, duim naar voren dan voorover buigen

